



# Sheet Pan Tilapia and Vegetable Medley

Prep: 25 minutes | Cook: 20 minutes | Total: 45 minutes

Yield: 2 servings | Serving Size: 1 tilapia fillet, 1 potato, and ¾ cup of the vegetables

## Ingredients

Nonstick cooking spray  
2 medium Yukon Gold potatoes, cut into wedges  
3 large Brussels sprouts, thinly sliced  
3 large radishes, thinly sliced  
1 cup sugar snap peas, cut in half  
1 small carrot, thinly sliced  
1 tablespoon oil  
½ teaspoon garlic powder  
½ teaspoon ground black pepper  
2 (6-ounce) tilapia fillets  
½ teaspoon dried tarragon  
¼ teaspoon salt  
2 teaspoons butter, softened  
Lemon wedges (optional)

## Directions

1. Preheat the oven to 450°F.
2. Line a rimmed baking sheet with foil. Spray the foil with cooking spray.
3. In a large bowl, add the potatoes, Brussels sprouts, radishes, sugar snap peas, carrot, oil, garlic powder, and black pepper. Toss to combine.
4. Transfer the vegetable mixture to the prepared baking sheet in a single layer
5. Bake until the potatoes are tender, about 20 minutes.
6. Remove the baking sheet from the oven, then preheat the broiler.
7. Push the vegetables to one side of the baking sheet, then add the tilapia to the other side.
8. Sprinkle the fish with the tarragon and salt, then dot with the softened butter.
9. Broil 4-5 inches from the heat until the fish flakes easily with a fork or until a thermometer placed in center of the thickest part reads 145°F, about 5 minutes.
10. Serve warm, with lemon wedges if desired.

**Nutrition Facts Per Serving: Calories: 400 | Total Fat: 10 g | Saturated Fat: 2 g  
Sodium: 430 mg | Total Carbohydrate: 40 g | Dietary Fiber: 6 g | Protein: 40 g**

Adapted from [www.tasteofhome.com](http://www.tasteofhome.com) | Submitted by Jessica Long, MS, RDN, CD  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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