

# SHEET PAN TILAPIA

WITH RED ONION, SQUASH, ZUCCHINI



## INGREDIENTS

4 (6 ounce) tilapia fillets  
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1 yellow squash, sliced into half moons  
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1 zucchini, sliced into half moons  
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1 red onion, sliced  
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4 Tbsp olive oil (divided)  
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2 Tbsp lemon juice  
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½ tsp garlic powder  
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½ tsp onion powder  
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1 ½ tsp parsley, dried  
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¼ tsp dried red pepper flakes  
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Salt & pepper to taste  
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## DIRECTIONS

1. Preheat oven to 400° F.  
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2. Place sliced vegetables on baking sheet and drizzle with 2 tablespoons  
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olive oil. Sprinkle vegetables with salt and pepper and toss to coat.  
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3. In a small bowl, mix remaining 2 tablespoons olive oil with lemon juice,  
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garlic powder, parsley, red pepper with lemon juice, garlic powder, parsley,  
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red pepper flakes, and onion powder. Pat tilapia fillets dry and rub the  
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marinade mixture on all sides of the fish.  
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4. Place tilapia on top of the vegetable mixture in pan and sprinkle with salt  
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and pepper. Bake for 12-15 minutes or until fish reaches 145° F and flakes  
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easily. Serve the baked fish warm, with roasted vegetables spooned  
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alongside or underneath the fish.  
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