

# SHEET PAN HERB CRUSTED FISH AND BRUSSELS SPROUTS WITH LIME CILANTRO DIPPING SAUCE

Prep Time: 10 minutes | Cook Time: 25 minutes | Serves: 4

## INGREDIENTS:

### Fish and Brussels Sprouts

4 fish filets (4 ounces each)  
salmon, tilapia, cod, halibut, etc.  
1 tablespoon mustard powder  
1 tablespoon apple cider vinegar  
2 sprigs fresh dill (or 1 teaspoon dried dill)  
1 shallot, finely chopped  
2 cloves garlic, finely chopped  
2 cups Brussels sprouts, halved  
Salt and pepper, as desired  
2 tablespoons olive oil

### Dipping Sauce

1 cup low-fat Greek yogurt  
1 lime, zested and juiced  
1/2 bunch cilantro, chopped  
Molasses or honey (optional)

## DIRECTIONS:

1. Wash hands with soap and water.
2. Pre-heat oven to 400°F.
3. Trim the ends off the Brussels sprouts, chop in half, and add them to a medium bowl.
4. Toss the Brussels sprouts in 2 tablespoons olive oil, salt and pepper. Transfer to baking sheet and roast for 10 minutes.
5. While the Brussels sprouts are roasting, mix the mustard, vinegar, dill, shallot, and garlic in a small bowl to form a paste (if too thick, add a little water until it resembles Dijon mustard consistency).
6. Remove Brussels sprouts and make room on the same baking sheet to add the fish, flesh side up.
7. Coat each fish filet with the mustard mixture, salt and pepper as desired, and bake for an additional 10-15 minutes until the fish is cooked through (once it starts to flake in the thickest part) and reads 145°F on a meat thermometer.
8. While the fish and brussels sprouts finish roasting, mix the Greek yogurt, cilantro, lime juice, and lime zest together in a small bowl to make the dipping sauce.
9. Remove the sheet pan from the oven and drizzle honey or molasses over the brussels sprouts if desired.
10. Pairs perfectly with cilantro lime quinoa or brown rice.

## NUTRITION FACTS

Serving Size: 4 oz. fish and 1/2 cup Brussels sprouts

Calories: 283  
Total fat: 15 grams  
Saturated fat: 2 grams  
Trans fat: 0 grams  
Cholesterol: 80 milligrams  
Sodium: 185 milligrams  
Total Carbohydrate: 6 grams  
Dietary Fiber: 2 grams  
Added Sugar: 0 grams  
Protein: 31 grams

## NUTRITION FACTS

Serving Size: 1/8 cup dipping sauce

Calories: 20  
Total fat: 0 grams  
Saturated fat: 0 grams  
Trans fat: 0 grams  
Cholesterol: 1.5 milligrams  
Sodium: 12 milligrams  
Total Carbohydrate: 2 grams  
Dietary Fiber: 2 grams  
Added Sugar: 0 grams  
Protein: 3 grams



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