



# Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes  
that are Easy & Nutritious!*  
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## Sheet Pan Garlic Cod

Serves 4

### Ingredients:

- 4 cod filets (about 1½ lbs.)
- 16 oz. green beans, trimmed
- 2 Tbsp. olive oil
- 3 cloves garlic, minced (about 2 Tbsp.)

### Garlic Sauce Ingredients:

- 4 cloves garlic, minced
- 2 Tbsp. brown sugar
- ¼ cup olive oil
- ½ tsp. dried oregano
- 1 Tbsp. lemon juice
- Sea salt and black pepper, to taste

### Directions:

1. Preheat oven to 400° F. Prepare a baking sheet with nonstick spray.
2. In a small bowl combine the olive oil, brown sugar, lemon juice, garlic, and oregano and whisk together. Then season with salt and pepper, to taste. Set aside.
3. Arrange the green beans and cod in a single layer onto the prepared baking sheet.
4. Drizzle the green beans with olive oil and minced garlic. Spoon the garlic sauce over the cod.
5. Bake at 400° F for 15-18 minutes or until the fish is cooked thoroughly (at least to 145° F) and flakes easily with a fork. Serve immediately.