Mediterranean Trout Sheet Pan with Potatoes

Sheet pan meals are a brilliant way to make easy and effective meals. You can roast an entire meal on one pan, making clean-up a breeze

Serving
4

Prep
10 Minutes

Cook
15 Minutes

Contributer
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½ cup	Pesto
20 oz	Rainbow trout fillet
1 ½ cups	Artichoke hearts (canned, rinsed and drained) 375 mL
½ cup	Pitted kalamata olives
4	Tomato (large, quartered)
2 cups	Mini potatoes (halved)

1. Preheat oven to 450° F (232° C) and line a baking sheet with parchment.
2. Lay rainbow trout on baking sheet and arrange the artichokes, olives, potatoes and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
3. Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

DIETITIAN'S MESSAGE

Fish is a vital part of the Mediterranean diet, largely due to the region's proximity to the sea, which provides abundant access to a variety of seafood. It is also a main component of the Brain Health Food Guide's suggested intake of at least 3 times a week!

Variation

Sheet pan meals are incredibly flexible – protein, vegetables, and seasonings can all be mixed and matched according to your preference. The process of roasting also intensifies the flavors of the ingredients, and the juices released by the cooking process can be used to baste the ingredients and keep them moist and flavourful.

Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

CCNA
Canadian Consortium on Neurodegeneration in Aging

CCNV
Consortium canadien en neurodégénérescence associée au vieillissement