

Psari Plaki (Greek Baked Fish and Vegetables)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/fish-plaki-greek-recipe>

Ingredients:

- 1/4 cup olive oil plus a little extra
- 2 pounds boneless white fish such as cod or tilapia
- 1 onion large, thinly sliced
- 2 garlic cloves medium, minced
- 1 cup grape tomatoes halved
- 14 ounces artichoke hearts drained, rinsed, and chopped
- 2 tablespoons lemon juice freshly squeezed
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried parsley
- 1 lemon medium, thinly sliced

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 135 milligrams
4. Fat: 27 grams
5. Fiber: 11 grams
6. Protein: 47 grams
7. SaturatedFat: 4 grams
8. Sodium: 770 milligrams
9. Sugar: 3 grams

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