

Baked Cod in Parchment

EASY | RECIPE

Ingredients:

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|--|-----------------------------|
| 3 tbsp extra-virgin olive oil | 4 cod fillets |
| 2 tbsp lemon juice | 2 medium carrots, julienned |
| ½ tsp salt | 1 red pepper, julienned |
| ¼ tsp pepper | 1 lemon, sliced |
| ½ cup fresh parsley or cilantro, chopped | |



Method:

Preheat oven to 350°F. **In** a small bowl, stir together the oil, lemon, salt, pepper and parsley. **Cut** 4 sheets of parchment paper, each 18 x 18 inches. **Onto** 1 side of each piece of parchment, place 1 cod fillet and ¼ of the carrots and peppers. **Drizzle** each with 1 heaping tbsp of the parsley-lemon-oil sauce; top with a lemon slice. **Fold** the parchment paper over the fish and roll the ends up to create a packet. **Place** packets on a baking sheet and bake for 12-15 minutes, until fish is opaque.

Makes 4 servings. Per serving (1 fillet packet):

241 calories | 27g protein | 12g total fat | 2g saturated fat | 8g mono fat | 2g poly fat |
9g carbohydrate | 2g sugar | 3g fiber | 406mg sodium