

Baked Cod in Parchment

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

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
62mg cholesterol | 9g carbohydrate | 2g sugar | 3g fiber | 406mg sodium