



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Baked Cod in Parchment

Ingredients:

- 1-2 small waxy potatoes, sliced very thin
- 5 cherry tomatoes, halved
- 5 olives, pitted
- ½ lemon, juiced
- ½ tablespoon olive oil
- 4 ounces cod, halibut, haddock, or other firm, white fish, patted dry
- 1/8 teaspoon sea salt, plus more to taste
- Freshly ground black pepper, to taste
- Splash of white wine

Serves 1

330 calories, 8 g fat, 1 g saturated fat,
35 g carbohydrate, 5 g fiber, 25 g protein,
350 mg sodium

Source: Oldways

Directions:

1. Preheat the oven to 400°F. Tear off a large piece of parchment paper (roughly 20 inches long) and fold it in half. Layer the potato slices on one side of the folded parchment.
2. In a medium bowl, toss the cherry tomatoes and olives with lemon juice, olive oil, salt and pepper to taste. Pat the fish fillet dry and season both sides to taste with salt and pepper.
3. Place the fish fillet on top of the sliced potatoes and gently pour the tomato-olive mixture on top. Add a splash of white wine. To seal, fold the other half of the parchment over the fish. Starting at one corner and working around the open edge, fold the parchment tightly and crimp to seal. It is important to make sure the parchment is tightly sealed so no steam escapes during cooking.
4. Place the parchment packet on a baking sheet and bake for 18-20 minutes. Fish should flake easily with a fork.

