



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Braised Cod with Leeks

Ingredients:

- 1 Tbsp butter
- 2 cups leeks, split lengthwise, sliced thin, and rinsed well
- 3 medium carrots, rinsed, peeled, and cut into thin sticks
- 4 new (red) potatoes, rinsed and sliced into ½-inch thick circles
- 2 cups low-sodium chicken broth
- 2 Tbsp fresh parsley, rinsed, dried, and chopped (or 2 tsp dried)
- 12 oz cod fillet, cut into 4 portions (3 oz each)
- ½ tsp salt
- ¼ tsp ground black pepper

Serves 4

158 calories, 4 g fat, 2 g saturated fat, 13 g carbohydrate, 3 g fiber, 17 g protein, 437 mg sodium

Source: Seafood Nutrition Partnership

Directions:

1. Heat butter in a large sauté pan. Add leeks and carrots, and cook gently for 3–5 minutes, stirring often, until the vegetables begin to soften.
2. Add potatoes, chicken broth, parsley, and salt and pepper, and bring to a boil over high heat. Reduce heat and simmer gently until the vegetables are just tender, about 10–12 minutes.
3. Add cod fillets, and cover with a tight-fitting lid. Continue cooking over low heat for an additional 5 minutes or until the fish is white and flakes easily with a fork in the thickest part (to a minimum internal temperature of 145 °F).
4. Serve each cod fillet with 1½ cups broth and vegetables.

