



SPOTLIGHT RECIPE

CITRUS AND HERB ROASTED COD

SERVES 4

INGREDIENTS

- 2 teaspoons garlic, minced
- 1 tablespoon shallots, finely diced
- 3 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 tablespoon lemon juice
- 1 tablespoon lime juice
- 1 tablespoon orange juice
- 1 teaspoon fresh basil, chopped
- 1 teaspoon fresh tarragon, chopped
- 1 teaspoon fresh parsley, chopped
- 1 teaspoon ground coriander
- Four 6-ounce cod fillets

DIRECTIONS

Preheat the oven to 400 F.

In a mixing bowl, combine the garlic, shallots, olive oil, salt, pepper, lemon juice, lime juice, orange juice, basil, tarragon, parsley and coriander. Stir until combined.

Add the cod fillets to the lemon-herb mixture and lightly toss to coat. Lay out the fish on a baking tray and place in the oven. Cook the cod for 10 to 12 minutes or until the internal temperature reaches 145 F. Remove from the oven and serve immediately.

Sides

Steamed Green Beans • Roasted Fingerling Potatoes

