



TARRAGON COD WITH VEGETABLES

Preparation/Cooking Time: 15 min/40 min

Servings: 6


Ingredients

- 6 frozen cod fillets (*1 ½ pounds total*)
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 tablespoon fresh tarragon leaves, or 1 teaspoon dried tarragon
- 1 tablespoon fresh lemon juice
- 1 ½ cups chopped mushrooms
- 1 ½ cups thinly sliced carrot
- ¾ cup chopped celery
- 2 tablespoons chopped fresh parsley
- 1 tablespoon margarine, cut into 6 small pieces

Directions

- Preheat the oven to 350° F.
- Place fish on a sheet of heavy-duty aluminum foil; season with salt and pepper.
- Sprinkle tarragon, parsley and lemon juice on fish; add vegetables and dot with margarine pieces. Fold and crimp the foil to make a tight package, then place on a baking pan.
- Bake for 40 minutes (frozen fish) or 35 minutes (thawed fish). Cut a slit in the foil package and serve.

Nutrition Tips

 March is National Nutrition Month, a great time to start making healthy food choices, and getting more daily physical activity! Eating right doesn't have to be complicated. This month's recipe is an easy way to get a well balanced meal. The whole meal is made in a foil pouch, which means no pots and pans to clean! Cod is an excellent source of protein, is low in calories, and has heart healthy omega-3 fats. This dish is also a great way to help you get your 5-a-day servings of vegetables. Balancing a healthy diet and physical activity is the best way for you to gain overall health and fitness.

Nutrition Facts

Serving Size 3 1/2 ounces fish
1/3 cup vegetables
Servings per Recipe 6

Amount Per Serving

Calories 130 Calories from Fat 25

Total Fat 3g

Saturated Fat 1g

Cholesterol 49mg

Sodium 205mg

Total Carbohydrate 4g

Dietary Fiber 1g

Sugars 2g

Protein 21g

