



baked cod with SUPERGREENS!

this quick and easy dinner recipe is done in just 15 minutes! made with our most nutritious salad blend, SUPERGREENS!

2 servings

5 min to prep

15 min to bake

ingredients

one package of SUPERGREENS!
1/2 cup of cilantro, chopped
1/2 a pound of shiitake mushrooms, thinly sliced
2 garlic cloves, thinly sliced
1/2 cup of cherry tomatoes, halved
8 pieces of cod, pin bones removed
2 teaspoons of finely grated ginger
juice of two lemons

directions

preheat oven the 375 with a baking sheet on the bottom rack. divide shiitake mushrooms, tomatoes, ginger, cilantro & garlic amoung parchment squares , then top with fish.

mound a small pile of SUPERGREENS! on top, then drizzle with lemon juice. gather sides of parchment up over fish to form a pouch, leaving no openings, and tie tightly with kitchen string.

place packages on the pre-heated baking sheet and bake until fish is just cooked through, 15 minutes.

transfer pouches to a plate and serve!
