



A simple, fresh dinner that's clean, comforting, and full of bright flavor without feeling heavy.

## **Baked Cod or Halibut with Lemon, Herbs & Greens**

### **Ingredients:**

- 2 fillets cod or halibut (5–6 oz each)
- 1 tbsp olive oil
- 1 lemon (zest + juice)
- 1 tsp dried Italian seasoning or thyme/rosemary
- 2 cups greens (spinach, kale, or arugula)
- Salt & black pepper, to taste

### **Instructions:**

- Preheat oven to 375°F.
- Place fish in a baking dish. Drizzle with olive oil.
- Sprinkle with lemon zest, herbs, salt, and pepper. Finish with lemon juice.
- Bake for 15–18 minutes, until fish flakes easily.
- Lightly sauté greens in a pan with a splash of olive oil or serve raw beneath the fish.
- Serve fish over greens with extra lemon if desired.