

Cod Oreganata

Yield: 4 servings

Prep time: 10 minutes

Total time: 35-40 minutes

INGREDIENTS

broccoli | 1 head, cut into small pieces

brussels sprouts | 1 pound, quartered

garlic | 2 cloves, minced

extra virgin olive oil | 3 tablespoons, divided

cod fillets | 4 6 oz.

almond meal | 1/4 cup

lemon zest | 1 tablespoon, grated

dried oregano | 1 teaspoon

Italian parsley | 1/4 cup, chopped

sea salt + pepper | 1/2 teaspoon each

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Place vegetables in large mixing bowl and drizzle 1 Tbsp. oil to coat veggies. Season with a dash of salt and pepper.
3. Place veggies on a baking sheet. Bake for 20-25 minutes or until veggies are lightly roasted.
4. Line a baking sheet with foil or parchment paper. Place cod on baking sheet and season with ¼ tsp salt and pepper, to taste.



5. In a small mixing bowl, mix together the "oreganata." Combine remaining salt, garlic, remaining olive oil, almond meal, lemon zest, and oregano.
6. Spread 1 Tbsp. of oreganata mixture over each fillet.
7. Bake for 15 minutes or until fish is cooked through. Fish is done when it flakes or the internal temperature reaches 140 degrees. Sprinkle generous Tbsp. of parsley over fish and veggies.

ABOUT THIS RECIPE:

Gluten free, Dairy Free, High Fiber, Low Histamine, Anti-Inflammatory, and Anti-Candida

NOTES

- *For softer veggies, bake for an additional 5 minutes.*