



## baked cod with SUPERGREENS!

cook time:

15

prep time:

15

featured product:

**SUPERGREENS!**

need a quick weeknight dinner? pick this baked cod with SUPERGREENS! recipe! ginger and cherry tomatoes provide a fresh bite while shiitake mushrooms and garlic add a savory flavor to this fish. a generous mound of our most nutritious salad blend, SUPERGREENS! adds all the greens you need to keep this dish healthy and light! this quick and easy dinner recipe is done in just 15 minutes!



### ingredients

2 servings

1 package of **organicgirl® 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

### substitutions

? substitute with **baby spinach**

### directions

1. preheat oven the 375° with a baking sheet on the bottom rack. divide shiitake mushrooms, tomatoes, ginger, cilantro & garlic among parchment squares, then top with fish.
2. 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.
3. place packages on the pre-heated baking sheet and bake until fish is just cooked through, about 15 minutes.
4. transfer pouches to a plate and serve!