Grilled Cod and Vegetables in Foil 6– 7 oz portions

Skinless Cod Loin 6oz		6 6 oz portion
Zucchini Squash	*Cut into ribbons*	12 Ounce
Unsalted Butter	*Melt*	1 Tablespoon
Lemons	*Use juice only*	1/4 Cup
Curley Parsley	Chop fine	2 Tablespoon
Sea Salt		1 & 1/2 Teaspoon
Black Pepper		3/4 Teaspoon
Domestic Paprika		3/4 Teaspoon
Green Onion		3 Ounce

1. **Cut a piece of aluminum foil into a large square. Place the zucchini ribbons in the foil. Top the zucchini with the cod.**
2. **Combine and mix the butter, lemon juice, parsley, salt and pepper. Pour over the cod.**
3. **Sprinkle the fish with the paprika.**
4. **Add the chopped green onions.**
5. **Fold the foil around the filet and seal.**
6. **Place on a hot grill for 15-18 minutes, or until the filet begin to flake.**

Grilled Cod in Foil
7.4 oz portion

Nutrition Facts
Serving Size 7.4 oz portion (210g)
Serving Per Container1

Amount Per Serving

Calories 250	Calories from Fat 120
	% Daily Values*
Total Fat 13g	**20** %
Saturated Fat 7g	**37** %
Trans Fat 0	%
Polyunsaturated Fat 0.5g	%
Monounsaturated Fat 3g	%
Cholesterol 105mg	**35** %
Sodium 680mg	**28** %
Total Carbohydrate 4g	**1** %
Dietary Fiber 1g	**5** %
Sugars 2g	%
Protein 32g	**63** %

Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 0%	
Vitamin E 0%	•	Vitamin B6 0%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

INGREDIENTS: Skinless Cod Loin 6oz, Zucchini Squash (Ingredients: Zucchini squash), Unsalted Butter (Ingredients: Cream (Milk), natural flavoring (natural flavoring is comprised of lactic acid and starter distillate)), Green Onion (Ingredients: Raw green onion.), Lemons , Sea Salt (Ingredients: Salt.), Black Pepper (Ingredients: Black pepper.), Domestic Paprika 16 oz (Ingredients: Paprika, less than 2% Silicon Dioxide added to prevent caking.), Curley Parsley (Ingredients: Fresh parsley).