Grilled Cod and Vegetables in Foil 6–7 oz portions

Skinless Cod Loin 6 oz 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 Tablespoons
Sea Salt 1 & 1/2 Teaspoons
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) Servings Per Container
Amount Per Serving
Calories 250 Calories from Fat 120
Total Fat 15g 20 %
Saturated Fat 7g 37 %
Trans Fat 0g 0 %
Polyunsaturated Fat 0.6g %
Monounsaturated Fat 7g %
Cholesterol 105mg 35 %
Sodium 600mg 28 %
Total Carbohydrate 4g 1 %
Dietary Fiber 0g 0 %
Sugars 2g 4%
Protein 35g 63 %

Vitamin A 0 %
Vitamin C 0 %
Calcium 0 %
Iron 0 %
Vitamin D 0 %
Vitamin E 0 %

INGREDIENTS: Skinless Cod Loin 6 oz, Zucchini Squash (Ingredients: Zucchini squash), Unsalted Butter (Ingredients: Cream (Milk), natural flavoring (natural flavoring is comprised of lactic acid and starter diastase)). Curley Parsley (Ingredients: Raw green onion), Sea Salt (Ingredients: Salt), Black Pepper (Ingredients: Black pepper), Domestic Paprika 1/6 oz. Ingredients Paprika less than 2% Silicon Dioxide added to prevent caking. Curley Parsley (Ingredients: Fresh parsley).