

Baked Cod with Rice in Parchment, Florentine-Style

(Makes 4 servings)

Ingredients:

- 1 ten ounce package frozen chopped spinach
- 1 cup cooked brown rice
- 2 scallions, white parts and 2 inches of green, chopped
- 1 garlic clove, minced
- 3 garlic cloves, minced
- ¼ cup fat-free, reduced-sodium chicken broth
- Olive oil cooking spray
- 1 pound skinless cod fillet, cut into 4 pieces
- 2 plum tomatoes, thinly sliced
- 6 ounces mushrooms, thinly sliced
- 3 tablespoons chopped fresh chives, plus more for garnish
- Juice and grated zest of 1 lemon
- Freshly ground pepper
- ¼ teaspoon kosher salt, optional
- Chives for garnish



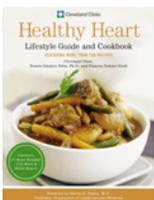
Directions:

- 1) Cook the spinach in the microwave following package directions. Allow to cool, drain off all liquid, and wring out in a towel. Place in a bowl. Add the rice, scallions, garlic, and broth. Mix well and set aside.
- 2) Preheat oven to 400.
- 3) Take four 12 x 16-inch sheets of parchment paper or aluminum foil and fold each one in a half crosswise. Draw half a heart outline, beginning and ending at the folded edge, and cut along the outline. Repeat to make 4 packets. Open each heart and lay flat. Coat with cooking spray.
- 4) Place an equal portion of the rice-spinach mixture near one side of each heart at the fold line. Place a cod fillet on top. Top each piece of fish with a quarter of the tomatoes, mushrooms, chives, lemon zest and juice, pepper, and salt, if using. Fold the opposite side of the heart over the cod and, beginning at the top of each heart, make a series of tight narrow overlapping folds to seal the edges. Transfer the packets to a baking sheet. (The packages can be made 2 hours in advance and refrigerated until cooked.)
- 5) Bake for 20 minutes. The fish will be opaque and flake easily when done. Cut open the packet carefully as the steam will be very hot. Garnish with chives and serve immediately.

Nutritional Analysis: (per serving)

- Calories: 210
- Total Fat: 2 g
- Saturated Fat: 0 g
- Cholesterol: 62 mg
- Sodium: 178 mg
- Total Fiber: 4 g
- Protein: 31 g
- Carbohydrate: 19 g

Source:



“Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook”

This heart-healthy recipe and more than 150 others are available from the nation’s #1 heart center in the “Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook” (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.

Go! Foods® for You Program



This recipe has been modified to meet Go! Foods® criteria.