



WHOLE HEALTH NUTRITION, LLC

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BAKED COD with TOMATOES & HERB BUTTER served with garlic mashed cauliflower & roasted asparagus

yield: **4 SERVINGS**

prep time: **25 MINUTES**

total time: **45 MINUTES**



EQUIPMENT:

- Cutting board
- Chef's knife, sharp
- Grater or microplane (for garlic)
- Small saucepan (or small microwavable bowl)
- Casserole dish
- Baking sheet x2
- Food processor or immersion blender (or potato masher)

INGREDIENTS:Baked cod with tomatoes:

2 pounds wild caught cod or other mild, white fish, cut into 4-6 portions
1 pint cherry tomatoes
Lemon
Salt & pepper

Herb butter:

3 garlic cloves, minced (or grated/microplaned)
2 tbsp olive oil
3 tbsp butter
3 tbsp fresh chopped herbs (or 1 tbsp dried) of your choice (basil, parsley, oregano, rosemary)

Garlic mashed cauliflower:

1 head cauliflower, cut into florets
¼ cup milk (or vegetable broth)
1 tsp garlic powder
Salt & pepper

Roasted asparagus

1 bunch asparagus, tough stems removed
Drizzle of olive oil
½ tsp red pepper flakes
Salt & pepper

DIRECTIONS:

1. Preheat the oven to 400°F. Spread cauliflower florets evenly on a baking sheet and season with garlic powder, salt, and pepper and roast for 20 minutes until easily mashed with a fork.
2. While the cauliflower is baking, pat the fish dry with paper towels and season with salt and pepper. Place the fish in a lightly oiled casserole dish in a single layer. Squeeze the lemon over the fish and sprinkle the cherry tomatoes around the fish. Set aside.
3. Next, in a small saucepan over low heat (or in a microwave) melt the butter. Once melted, remove from heat and add oil, garlic, salt, pepper, fresh herbs. Drizzle over fish and set aside.
4. To prepare asparagus, spread into a single layer on a baking sheet. Drizzle with olive oil and season with salt, pepper, and red pepper flakes.
5. Once the cauliflower is done, remove from the oven and replace with the fish and asparagus. Bake the fish and asparagus for 12-18 minutes or until the fish reaches an internal temperature of 145°F and the asparagus is easily pierced with a fork.
6. While the fish and asparagus are baking, finish the garlic mashed cauliflower. Blend the cooked florets and milk with a food processor or alternative tool until smooth and creamy.
7. Serve baked fish and tomatoes over mashed cauliflower with asparagus on the side. Bon appétit!