

# COD WITH ORANGE AND LEEK COUSCOUS

Cod is a great fish choice: environmentally friendly, high in protein, and low in mercury. Eat it often for a filling, low-calorie meal

## INGREDIENTS

- 1 cup couscous
- 1 orange
- 1 leek, white and light green parts only, cut in half lengthwise, then sliced ½ in. thick
- 3 cup baby kale
- 1 ¼ lb cod, cut into 4 portions
- 1 tbsp olive oil
- Kosher salt and pepper

## DIRECTIONS

### STEP 1

Heat oven to 425°F. Tear off four 12-in. squares of parchment paper and arrange on two baking sheets. In a bowl, combine couscous with ¾ cup water.

### STEP 2

Cut orange in half, then peel one half and coarsely chop fruit. Fold orange into couscous along with leek and baby kale.

### STEP 3

Divide couscous mixture among pieces of parchment and top each with a piece of cod. Drizzle with oil and sprinkle with ½ tsp salt and ¼ tsp pepper, then squeeze remaining orange half over top.

### STEP 4

Cover each with another piece of parchment and fold each edge up and under three times, tucking edge underneath. Roast 12 minutes.

### STEP 5

Transfer each packet to a plate. Using scissors or a knife, cut an “X” in the center and fold back the triangles.

## NUTRITION FACTS

Serving Size: Serves 1 packet, serves 4

Per Serving: 340 calories, 5 g fat (1 g saturated), 32 g protein, 330 mg sodium, 40 g carbohydrate, 3 g fiber



**Wisconsin Athletic Club**

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