



COD BAKED IN FOIL WITH ZUCCHINI

1 lb. zucchini (2 medium), ends trimmed, sliced into ¼-inch thick rounds
Sea salt
1 cup (about 2 med.) ripe plum tomatoes, cored, seeded and chopped into ½-inch pieces
2 Tbsp. Heinen's All Natural olive oil
3 garlic cloves, minced
1 Tbsp. fresh parsley, chopped
1/8 tsp. red pepper flakes
Sea salt and fresh ground black pepper
1/4 cup dry white wine
4 skinless cod loins (6 ounces each)
1/4 cup minced fresh basil leaves

Toss zucchini with ½ tsp. salt in a large bowl; transfer zucchini to colander to drain. Let stand until zucchini releases excess liquid, about 30 minutes. Remove from colander and place zucchini on triple layer of paper towels to continue to drain. In a medium bowl, combine tomatoes, olive oil, garlic, parsley, red pepper flakes, salt and black pepper.

Preheat oven to 450°F. Cut eight 12-inch sheets of heavy duty foil; arrange four sheets on counter. Distribute salted zucchini among four sheets, mounding in center of each. Pour 1 tablespoon of white wine over the vegetables. Pat fish dry with paper towels; season fish with sea salt and pepper and place one fillet on top of vegetables. Next, spoon quarter of tomato mixture over each fillet. Place remaining square of foil on top of fish, crimp edges together to seal and create a foil pouch about 7 inches square.

Bake fish packets 15 minutes. Carefully open packets allowing steam to escape. Using a thin metal spatula, gently slide fish and vegetables onto plate including any juices. Sprinkle fish with fresh basil. Garnish with lemon slices and serve immediately.

Makes 4 servings