

Pesto Baked Cod:

Ingredients:

- 4 cod fillets
- 2 tablespoons pesto sauce
- Zest and juice of 1 lemon
- 2 cloves garlic, minced
- Salt and pepper to taste

Instructions:

1. Preheat your oven to 375°F (190°C).
2. In a bowl, combine pesto sauce, lemon zest, lemon juice, minced garlic, salt, and pepper.
3. Place the cod fillets in a baking dish and spread the pesto mixture evenly over them.
4. Bake for 15-20 minutes or until the cod flakes easily with a fork.

Side 1: Roasted Brussels Sprouts:

Ingredients:

- 1 pound Brussels sprouts, trimmed and halved
- 2 tablespoons olive oil
- Salt and pepper to taste
- Grated Parmesan cheese (optional)

Instructions:

1. Preheat your oven to 400°F (200°C).
2. Toss the Brussels sprouts with olive oil, salt, and pepper.
3. Spread them on a baking sheet in a single layer.
4. Roast for about 20-25 minutes until they are tender and slightly crispy.
5. Optionally, sprinkle with grated Parmesan cheese before serving.

Side 2: Quinoa with Spinach and Almonds:

Ingredients:

- 1 cup quinoa

- 2 cups vegetable broth
- 2 cups fresh spinach
- 1/4 cup sliced almonds
- 2 tablespoons olive oil
- Salt and pepper to taste
- Lemon wedges for garnish

Instructions:

1. Rinse quinoa under cold water and drain.
2. In a saucepan, bring vegetable broth to a boil.
3. Add quinoa, reduce heat, cover, and simmer for about 15 minutes or until the liquid is absorbed.
4. In a large bowl, combine the cooked quinoa, fresh spinach, sliced almonds, olive oil, salt, and pepper. Toss to combine.
5. Serve with lemon wedges for garnish.

Enjoy the Pesto Baked Cod with Roasted Brussels Sprouts and Quinoa with Spinach and Almonds using these instructions for the sides.