

Zucchini Tied Cod with Pesto

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 30 minutes

Serves: 4

CChints: Cod is a sweet white fish that pares well with the sweetness of the zucchini. Use a vegetable peeler or sharp knife to make the zucchini ribbons about 1/8 inch thick. You will get thin strips that will fold easily over the fish. If they are too thick, they won't bend.



3 medium zucchini

1 tablespoon olive oil

1 teaspoon Italian seasoning

Salt and pepper to taste

4 -6 ounce cod filets

Half of a 3 ounce container/can of French Fried Onion Rings

Four 4-6 ounce cod filets

1 egg white or you can substitute both eggs for 1/4 cup liquid egg substitute

Garnish, fresh thyme or oregano leaves

Spinach pesto, recipe below or 1/3 cup purchased basil pesto

Preheat oven to 400 degrees F. Line 2 baking sheets with a silicone mat, nonstick foil or foil sprayed lightly with cooking spray.

Rinse the zucchini and dry with paper towels. Cut off the stem and use a vegetable peeler to make the ribbons. Pull the peeler down the length of the zucchini. You need make 2 ribbons per piece of fish and set them aside. Cut the remaining zucchini into roasting sizes by cutting them into 1/3 to 1/2 inch thick circles.

Lay the zucchini circles on a baking sheet and drizzle with the oil. Sprinkle with herbs, salt and pepper and bake for 30 minutes and you add the fish during the last 20 minutes. Use the first 10 minutes to prepare the fish. The fish will bake for 20 minutes which will allow the fish and the vegetables to be done at the same time. During this baking time, prepare the fish for baking and make the spinach pesto sauce.

Pour half of the container of onion rings into a re-sealable bag. Seal the bag and crush the onion rings with a heavy skillet or smooth meat mallet. Pour into a paper plate. In a separate bowl beat the egg for dipping.

Rinse the fish and pat it dry. Make an assembly line starting with fish then dip it in the egg mixture then the onion rings, finally lay out the zucchini ribbons in a row. Dip one side of the cod in the egg and let the excess drip off. Press it egg side down into the onion rings. Lay it egg side up onto the center of one of the ribbons and fold the ends on top. Lay it on another piece of ribbon and do the same. Lay on a work surface and do the same with the remaining pieces of fish. Secure the ends with toothpicks and sprinkle with any excess topping.

After the 10 minutes, remove the baking sheet from the oven. Add the fish and bake for 10 minutes or until the fish flakes with a fork and the vegetables are done.

During the 10 minutes you can do a little clean up and get the pesto ready. If making the pesto, use the recipe below or get the prepared version out of the refrigerator so it can come to room temperature.

Spinach – Walnut Pesto:

2 cups lightly packed fresh spinach

1/4 cup lightly packed basil leaves

1 garlic clove, chopped

1/3 cup walnuts

2 teaspoons lemon zest

2 tablespoons fresh lemon juice

1/3 cup extra virgin olive oil

1/2 teaspoon salt

1/4 teaspoon black pepper

Add the spinach through lemon juice to a food processor and pulse several times. With the machine on, slowly pour in oil until the mixture is smooth. Add the salt and pepper and transfer to a bowl.

When the fish comes out of the oven, transfer the pieces to a serving plate and add the roasted zucchini. Put the pesto on the side in a container or on each plate. Enjoy!