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### **Note:**

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## ***Braised Cod with Leeks***

- 1 Tbsp butter
- 2 Cup leeks, split lengthwise, sliced thin, and rinsed well
- 3 Medium carrots, rinsed, peeled, and cut into thin sticks
- 4 New (red) potatoes, rinsed and sliced into ½-inch thick circles
- 2 Cup low-sodium chicken broth
- 2 Tbsp fresh parsley, rinsed, dried, and chopped (or 2 tsp dried)
- 12 Oz cod fillets, cut into 4 portions (3 oz each)
- 1/2 Tsp salt
- 1/4 Tsp ground black pepper

- 1) Heat butter in a large sauté pan. Add leeks and carrots, and cook gently for 3–5 minutes, stirring often, until the vegetables begin to soften.
- 2) Add potatoes, chicken broth, parsley, and salt and pepper, and bring to a boil over high heat. Reduce heat and simmer gently until the vegetables are just tender, about 10–12 minutes.
- 3) Add cod fillets, and cover with a tight-fitting lid. Continue cooking over low heat for an additional 5 minutes or until the fish is white and flakes easily with a fork in the thickest part (to a minimum internal temperature of 145 °F).
- 4) Serve each cod fillet with 1½ cups broth and vegetables.

Makes 4 Servings

