

COD WITH BEET GREENS & LEMON VINAIGRETTE

from wegmans.com

(serves 4)

Ingredients

6 cups (about 10 oz trimmed) **beet greens**
4 (about 6 oz each) **cod fillets**
5 Wegmans **pan searing flour**
1 Tbsp Wegmans **pure olive oil**
1 Tbsp Food You Feel Good About
basting oil
1 tsp Wegmans **salted butter**
¼ cup **lemon vinaigrette** (see recipe)

Lemon Vinaigrette:

⅓ cup Food You Feel Good
About **basting oil**
1 **lemon**, juiced (2-3 Tbsp)
salt and **pepper**, to taste

Preparation

For Lemon Vinaigrette:

Whisk together basting oil and lemon juice in small bowl; season with salt and pepper.

1. Blanch beet greens 3 minutes in large pot of boiling, salted water. Drain. Transfer to bowl of ice water; drain and set aside.
2. Dust cod with pan-searing flour; pat off excess. Heat olive oil in large skillet on MED-HIGH until oil faintly smokes; add fish. Turn over when fish has changed color one-quarter of way up and seared side has turned paper bag-brown, 2-3 minutes.
3. Reduce heat to MED; cook 4-5 minutes until internal temp reaches 120°F (check by inserting thermometer halfway into thickest part of fish).
4. Add basting oil and butter; carefully swirl. Spoon over fish to baste. Remove from pan when internal temp reaches 130°F, about 3 minutes. Place on platter; let rest at least 2 minutes.
5. Add blanched beet greens and lemon vinaigrette to pan. Toss to coat; cook about 3 minutes until heated through. Portion greens and sauce onto four plates; top with fish.

Chef Tips

Timesaver: Use Food You Feel Good About Lemon Vinaigrette (Produce Dept).