



COD FLORENTINE



INGREDIENTS

ITEM

QUANTITY

- Cod Fillets 10 Oz.
- Garlic-infused Olive Oil 2 Tsp.
- Baby Spinach 2 Cups
- Lactose-free Half-and-half ½ Cup
- Finely Grated Parmesan Cheese 2 Tbsps.
- Fresh Lemon Juice 1 Tbsp.
- Dried Italian Seasoning ½ Tsp.
- Chopped Fresh Parsley 1 Tbsp.
- Salt and Black Pepper, to taste

SERVING SIZE

½ OF RECIPE



PREPARATION

- Pat the cod dry and season both sides with salt, pepper, and Italian seasoning.
- Heat 1 tsp garlic-infused olive oil in a large skillet over medium heat.
- Add the cod and cook for approximately 3-4 minutes per side, depending on thickness.
- Transfer the cod to a plate.
- Add the remaining garlic-infused olive oil to the skillet.
- Add the spinach and cook until just wilted.
- Reduce the heat to low.
- Add the lactose-free half-and-half and Parmesan.

- Stir gently until the sauce is smooth and slightly thickened. Do not bring it to a rapid boil.
- Stir in the lemon juice.
- Return the cod to the skillet.
- Spoon the sauce and spinach over the fish.
- Cover and cook for another 2-3 minutes, until the cod reaches 145°F and flakes easily.