Cod with Leeks, Lime, and Coconut

With leeks in season in the spring months, this light, refreshing dish will make you dream of warm, summer days!

Prep time: 15 minutes • Cook time: 30 minutes

Ingredients:
- 1 1/2 pounds cod (or other fish of choice)
- Salt and pepper to taste
- Juice of one lime, divided (can substitute lemon)
- 1 tablespoon olive oil
- 1 large leek, rinsed well and chopped (white and pale green parts only)
- 2 garlic cloves, minced
- 1/2 cup light coconut milk (unsweetened)
- 1/3 cup chopped fresh cilantro
- 1 teaspoon lime zest (can substitute lemon)

Directions:

1. Preheat oven to 350°F. Place fish in a 13"x9" glass baking dish, sprinkle with salt and pepper, and drizzle with about 2 teaspoons lime juice. Set aside.

2. Heat oil in large skillet, add chopped leeks, and sauté until nearly tender, 6-8 minutes. Add garlic for last minute of cooking time. Add coconut milk and remainder of lime juice. Simmer until slightly thickened, about 5 minutes. Stir in lime zest.

3. Pour mixture over fish. Bake until fish is opaque and flakes with a fork, about 20 minutes. Transfer fish to serving dish, whisk remaining sauce, and add to fish. Garnish with chopped cilantro.

Serving size: about 4oz fish, 1/2 cup leek sauce
Serves 6

Nutrition Information / Amount per serving:

<table>
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<tr>
<th></th>
<th>Calories</th>
<th>Protein</th>
<th>Total fat</th>
<th>Total Carbohydrates</th>
<th>Saturated fat</th>
<th>Dietary Fiber</th>
<th>Sodium</th>
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</thead>
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<td>4.4 g</td>
<td>2.9 g</td>
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<td>0.5 g</td>
<td>114.0 mg</td>
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<tr>
<td>Total fat</td>
<td>4.4 g</td>
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<td>Saturated fat</td>
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