Baked Cod Spinach Tomato Packets

2 teaspoons extra-virgin coconut oil

4 -3 ounce cod fillets

4 large handfuls baby spinach leaves

20 grape or cherry tomatoes

1-4 ounce package sliced Bella mushrooms

2 green onions, white green onions sliced

1 lime

1 teaspoon sea salt

1/4 teaspoon ground black pepper

1/2 teaspoon red pepper flakes

2 tablespoon fresh parsley, chopped

1. Preheat oven to 400° Measure out 8 strips of 10" wide strips of aluminum foil. Taking four strips of foil lay side by side, making the base of your packet.

2. Divide coconut oil, fillets, spinach, tomatoes, mushrooms and green onion evenly among packets. Top each packet evenly with lime juice, salt, pepper, and red pepper flakes.

3. Fold foil over the top of ingredients so that it overlaps, then fold open ends together tightly.

4. Then using additional four sheets of foil, wrap each packet a second time, going the other direction. This just ensures that the steam and juices trapped in the packet

5. Place packets on a baking sheet without overlapping and place in preheated oven for 15 minutes. Remove, let cool for 5 minutes and carefully unfold packets. The steam will release so open away from you. Gently slide ingredients out of packet onto a plate or bowl, or place in a bowl and eat directly from the packet.

Serving Size = 3 ounces of cod and 1 cup of vegetables