



**"The Local Buy" Recipe, Episode 301**

**Sautéed Cod with Salsa Verde**

***Courtesy Rumbleway Farm and Chef Ward Tatnall***

*Ingredients for every 4 portions of fish (4-6 oz each)*

- 1 onion
- 1 bell pepper (red, yellow, green, your choice)
- 1 jar salsa verde
- 1 lime
- Flat leaf parsley to taste



***Directions***

Slice and sauté vegetables. Add fish, brown each side. Add salsa and lime juice. Cover and simmer 8 minutes.