

**Menu**

Baked Cod with Spicy Sausage

Shrimp and Vegetable Stir-fry

Crispy Fried Fish

**Baked Cod with Spicy Sausage**

2 tablespoons olive oil  
4 ounces smoked sausage, thinly sliced  
1 onion, cut in half and thinly sliced  
1 pound of small red potatoes, sliced ¼-inch thick  
½ cup chicken stock  
One 1-pound piece cod fillet  
Fresh parsley, chopped  
Salt and pepper

- Heat oven to 400 degrees.
- Add 1 tablespoon of oil to an oven-safe skillet and bring to medium heat.
- Add the sausage and cook, tossing occasionally, until browned, 2 to 3 minutes.
- Add the onions and potatoes and cook, stirring occasionally, until golden.
- Add the chicken stock; bring to a boil.
- Drizzle the fish with the remaining oil. Season with salt and pepper. Place on top of potatoes.
- Transfer the skillet to oven and bake until the fish is cooked, about 15 to 20 minutes.
- Sprinkle with the parsley and serve.

**Shrimp and Vegetable Stir-fry**

1 small head of broccoli  
1 small red pepper  
1 small onion  
2 tablespoons oil  
 $\frac{3}{4}$  pound peeled medium shrimp  
 $\frac{1}{2}$  cup stir-fry sauce  
 $\frac{1}{2}$  cup chicken stock  
Salt and pepper

- Trim the broccoli floret from the stalk. Cut the florets into small pieces. Thinly slice the stalk.
- Core and thinly slice the red pepper.
- Thinly slice the onion.
- Heat the wok to medium high heat and add 1 tablespoon oil. Stir-fry the shrimp until center is just cooked. Remove from wok.
- Add the remaining oil. Add the broccoli stems, pepper and onion and stir-fry two minutes. Add the remaining broccoli and cook until vegetable are tender.
- Add the stir-fry sauce and chicken stock. Bring sauce to a simmer.
- Add shrimp back and cook until heated through. Season with salt and pepper. Serve.

**Crispy Fried Fish**

2 eggs  
1 cup flour  
2 cup panko bread crumbs  
1 pound tilapia  
2 cups vegetable oil  
Salt and pepper

- Add eggs and 2 tablespoons water to a small bowl. Stir until blended.
- Place flour and bread crumbs on two separate plates.
- Season fish with salt and pepper.
- Dip fish in flour, shake off excess flour, then eggs and then the bread crumbs. Set aside.
- Bring oil to medium heat in a sauté pan. Cook fish, turning once, until golden brown and center is done.