**Black Cod with Lemon Broccoli**

**Produce**

1 bunch scallions (green onions)

1 bunch curly parsley

1 bunch fresh cilantro *(if needed)*

12 oz.  broccoli

1 lime

1 lemon

8-10 pecan halves

**Canned/Dried Foods**

sesame oil (if needed)

low-sodium soy sauce (if needed)

**Frozen Foods**

 frozen peas (if needed)

**Meat/Fish/Poultry**

two 6 oz. Pacific Cod  fillets

**Chilled Foods/Dairy**

butter (if needed)