**Baked Hazelnut Encrusted Cod**

**Produce**

1 bunch green onions

1 bunch fresh parsley

10 oz. fresh broccoli

1 lemon

one half C. pecan halves

4-5 hazelnuts

**Canned/Dried Foods**

Panko or dried bread crumbs (if needed)

low sodium vegetable broth *(if needed)*

low sodium soy sauce (if needed)

rice wine vinegar (if needed)

balsamic vinegar (if needed)

unbleached flour (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

one lb. cod fillets

**Chilled Foods/Dairy**

one and one half C. cooked brown rice  (in fridge at home leftover from yesterday)