



# be cool grandpa

Inspired by, The Food Network and BCG

## Roasted Cod with Squash, Bacon & Brussels Sprouts

**Serves:** 4

**Prep time:** 15 mins  
**Cook time:** 30 mins

**Skill level:** Easy, Easy

**Cooking method:** Rimmed  
baking sheet and oven.



### ingredients:

- 1 1/2 pounds Brussels sprouts, trimmed and halved
- 1 pound Squash, cut into 1-inch pieces
- 2 red onions, cut into 1/2-inch wedges
- 5 slices bacon, chopped
- 2 teaspoons fresh thyme, plus 4 sprigs
- 3 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 4 6-ounce skinless Pacific cod fillets
- 2 tablespoons chopped fresh parsley
- Lemon wedges, for serving



### instructions:

Step 1) Put a rimmed baking sheet in the upper third of the oven and preheat to 475 degrees F. Toss the Brussels sprouts, Squash, red onions, bacon, thyme leaves, 2 tablespoons olive oil, 1/2 teaspoon salt and a few grinds of pepper in a large bowl. Spread on the hot baking sheet and roast until the vegetables are tender and start browning around the edges, about 20 minutes.

Step 2) Season the cod all over with salt and pepper and brush with the remaining 1 tablespoon olive oil. Arrange the cod fillets about 2 inches apart on top of the vegetables and top each with a thyme sprig. Roast until the fish is just cooked through and the Brussels sprouts are browned, 8 to 10 minutes. Discard the thyme sprigs. Sprinkle the cod and vegetables with the parsley and serve with lemon wedges.



## grandpa's thoughts:

This has so many good things all on one baking sheet. It's colorful and smells terrific and the flavors are brilliant.

As someone said "this is a \$35 plate in any restaurant".

A big BCG YES to this recipe.