**Italian Baked Cod with Lemon Scallion Orzo**

**Produce**

1 bunch green onions

fresh parsley (if needed)

yellow onion (if needed)

celery (if needed)

green bell pepper(if needed)

2 lemons

**Canned/Dried Foods**

orzo pasta(if needed)

one 15 oz. can no salt chopped tomatoes

one 15 oz. can tomato sauce

low sodium veggie broth (if needed)

low sodium soy sauce(if needed)

red wine to cook with (if needed)

dry basil leaves (if needed)

dry oregano leaves (if needed)

capers (if needed)

**Frozen Foods**

frozen peas(if needed)

**Meat/Fish/Poultry**

two 6 oz. cod fillets

**Chilled Foods/Dairy**

Shredded Parmesan *(if needed)*