**Bok Choy, Cod and Pesto**

**Produce:**

4-6 oz. fresh basil leaves

2 heads baby bok choy

yellow onion(if needed)

garlic(if needed)

red bell pepper (if needed)

1 lemon

1/2 C. pine nuts

1/4 C. pecan halves

**Canned/Dry Foods**

low-sodium veggie broth (if needed)

low-sodium soy sauce (if needed)

olive oil (if needed)

rice wine vinegar(if needed)

brown rice(if needed)

sesame oil(if needed)

**Meat, Fish, Poultry**

8 oz. fresh cod filet

**Frozen Foods**

**Chilled Foods, Dairy**

**shredded Parmesan *(if needed)***