



## Grilled Cod, White Bean & Tomato Packets

**Prep: 20 minutes**

**Grill: 15 minutes • Serves: 4**

Nonstick cooking spray

- 2 cans (15 ounces each) great Northern white beans, rinsed and drained
- 1 package (1 pint) cherry or grape tomatoes, halved (about 2 cups)
- 3 garlic cloves, crushed with press
- 2 leeks, thinly sliced crosswise (about 2 cups)
- 4 (6-ounce) cod fillets
- 1 small lemon, quartered lengthwise
- ¼ cup butter
- 1 teaspoon fresh thyme leaves
- ½ cup white wine or chicken broth
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper

**1.** Prepare outdoor grill for direct grilling over medium heat. Tear four 12 x 24-inch sheets heavy-duty aluminum foil. Arrange sheets horizontally; spray with cooking spray. On right, center of each sheet, evenly divide beans, tomatoes, garlic and leeks; top each with 1 cod fillet. Evenly divide lemon, butter and thyme over cod. Cupping foil slightly, evenly pour wine over butter; evenly sprinkle with salt and pepper. For each packet, fold left side of foil over filling; crimp edges of foil to seal tightly.

**2.** Place packets on hot grill rack; cover and cook 15 minutes or until internal temperature of cod reaches 145°. With scissors or knife, cut an 'X' in center of packet; carefully pull back foil to open.

*Approximate nutritional values per serving:*

*413 Calories, 12g Fat (8g Saturated), 112mg Cholesterol, 844mg Sodium, 33g Carbohydrates, 7g Fiber, 37g Protein*