



Pan Seared Cod with Tomatoes & Peppers

SERVINGS: 4

PREPPING TIME: 15 MINS

COOKING TIME: 25 MINS

INGREDIENTS

4 cups cherry tomatoes, halved
2 tbsp. baby capers
1 tsp. brown sugar
6 cloves garlic, peeled
3 large orange and yellow bell peppers,
sliced
2 jalapeños, sliced
2 tbsp. olive oil
1/8 tsp. black pepper
1/4 tsp. salt
4 cod filets (~1 lb.)
1 cup fresh cilantro, roughly chopped
fresh cilantro and lemon wedges to
garnish

DIRECTIONS

1. Heat oven to 425°F.
2. On a large rimmed baking sheet, gently toss the tomatoes, baby capers, brown sugar, garlic, peppers, and jalapeno with 1 tablespoon olive oil, pinch of salt, and pepper. Roast until the tomatoes begin to break down, 15 to 20 minutes.
3. With five minutes remaining, heat the remaining 1 tablespoon oil in a nonstick skillet over medium heat.
4. Season the cod with the remaining salt and add pepper to taste, cook until opaque throughout, 2 to 3 minutes per side.
5. Toss the vegetables with the cilantro and serve with the seared fish. Garnish with cilantro and lemon wedges.

NUTRITION

Serving size: 1 filet and 1 cup vegetables
(per serving) 220 calories, 8g fat, 1g saturated fat, 50mg cholesterol, 340mg sodium, 16g carbohydrate, 5g fiber, 9g sugar, 23g protein