



Cod in Seasoned Tomato Sauce



Makes 4 servings

Ingredients

- 2 medium tomatoes, stem removed and chopped
- 1/3 cup diced onion
- 2 tablespoons water
- 2 tablespoons extra virgin olive oil
- 1/4 cup freshly squeezed lemon juice
- 2 tablespoons chopped fresh parsley
- 1/2 tablespoon chopped fresh basil
- 2 cloves garlic, minced
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon paprika
- 4 4-ounce cod fillets
- 1 teaspoon reduced-sodium seafood seasoning

Directions

1. In a small bowl, combine first 10 ingredients. Stir. Set aside.
2. Place the fish fillets in a 9-by-13-inch baking dish. Top with tomato mixture (made in step 1). Sprinkle with seafood seasoning. Cover and microwave on high for 5 to 7 minutes or until fish flakes easily with a fork.
3. Enjoy warm!



MAIN DISH



TIP

You can also use another white fish such as tilapia for this recipe.*

*Option not included in nutrition facts.

♥ = heart smart

⊗ = low sodium

GF = gluten free

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nutr-ah-59167 (3/20)

Nutrition Facts

Serving Size 1 fillet of fish with 1/3 cup tomato sauce (157g)
Servings Per Container 4

Amount Per Serving

Calories 150 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 390mg 16%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Sugars 2g

Protein 15g

Vitamin A 10% • Vitamin C 25%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: fish

Carb choices per serving: 0