# **Baked Cod Ole**

Cod is a popular seafood choice throughout the Caribbean due to its versatility. It can be baked, poached, or grilled.

Makes: 6 servings Prep Time: 10 minutes Cook Time: 15 minutes

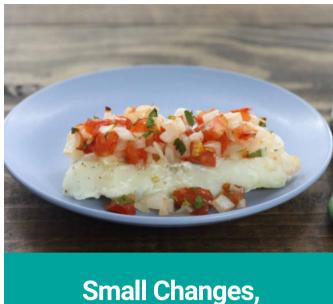
Source: Team Nutrition CACFP Multicultural Recipe Project

#### **Ingredients**

- 3 tablespoons lime juice, fresh squeezed, seeds removed or bottled lime juice
- ½ teaspoon olive oil
- ¼ teaspoon black pepper, ground
- ¼ teaspoon salt
- 11/4 cups tomatoes, fresh, 1/4" diced
- 11/4 cups onions, fresh, peeled, 14" diced
- · 2 tablespoons cilantro, fresh, chopped
- 13½ ounces cod fish fillets, fresh or frozen (each piece should be about 2¼ oz)
- · Nonstick cooking spray

#### **Directions**

- 1. Preheat oven to 400°F.
- To make dressing: In a small bowl, whisk together lime juice, olive oil, black pepper, and salt.
- To make salsa: In a medium bowl, combine tomatoes, onions, and cilantro. Add dressing and toss. Hold at 40°F or lower.
- Coat baking sheet with nonstick cooking spray.
- 5. Place fish portions on a baking sheet with about 1" of space separating each piece.
- Top each piece of fish with ⅓ cup (about 2⅓ oz) salsa.
- 7. Roast for 12-15 minutes. When done, fish will flake easily with a fork. Heat to an internal temperature of 155°F for at least 15 seconds.
- 8. Serve 1 fillet topped with 1/3 cup salsa.



# Small Changes, BIG Difference!







#### **Nutrition Information**

Serving Size: 1 fish fillet,	1/3 c calca
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Nutrients	Amount
Calories:	68
Total Fat:	<u>1g</u>
Saturated Fat:	<u>0g</u>
Cholesterol:	25mg
Sodium:	132mg
Total Carbohydrates:	<u>4g</u>
Dietary Fiber:	<u>1g</u>
Total Sugars:	<u>2g</u>
Added Sugars:	<u>0g</u>
Protein	<u>11g</u>

#### **Utensils Needed**

- · Baking sheet
- Cutting board
- Small bowl
- Medium bowl
- Fork or whisk
- · Measuring spoons
- Measuring cups
- Sharp knife
- Spoon



## **SHOPPING LIST**

Average total cost without oil and seasonings: \$14.80 Average cost/serving: \$2.47

**Makes: 6 Servings** 

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

### **Ingredients**

Add 2 to Cart Limes and a second

Add 1 to Cart Cilantro, bunch



Add 2 to Cart Tomatoes

Add 1 to Cart 13 1/2 ounces cod fish fillets



Add 1 to Cart Large onion or 2 small

# **SAVE TIME, SAVE MONEY**

**My Cooking Notes** 

#### **Chef's Notes**

 Tilapia, halibut, or other white fish can be substituted for cod.

## **Similar Recipes**

- · Crispy Parmesan Baked Fish
- Fish Tacos with Peach Salsa