

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
- 1¼ cups tomatoes, fresh, ¼" diced
- 1¼ cups onions, fresh, peeled, ¼" 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.
2. To make dressing: In a small bowl, whisk together lime juice, olive oil, black pepper, and salt.
3. To make salsa: In a medium bowl, combine tomatoes, onions, and cilantro. Add dressing and toss. Hold at 40°F or lower.
4. Coat baking sheet with nonstick cooking spray.
5. Place fish portions on a baking sheet with about 1" of space separating each piece.
6. 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 ⅓ cup salsa.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1 fish fillet, 1/3 c. salsa

Nutrients	Amount
Calories:	68
Total Fat:	1g
Saturated Fat:	0g
Cholesterol:	25mg
Sodium:	132mg
Total Carbohydrates:	4g
Dietary Fiber:	1g
Total Sugars:	2g
Added Sugars:	0g
Protein	11g

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



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