

# OLIVE OIL BAKED COD WITH TOMATOES, CAPERS, AND LEMON SALSA



DIFFICULTY

EASY



TIME

30 MIN



SERVES

4

## INGREDIENTS

### For the Cod

4 each 6-8 ounce cod filets

2 tsp of olive oil

Salt and Pepper to Season

### For the Tomato-Caper Topping

**Note: have all of the ingredients at room temperature**

1 pint of cherry tomatoes, cut in half

¼ cup chopped parsley

3 Tbsp capers, roughly chopped

1 clove garlic, minced (about 1 tsp)

2 tsp lemon zest (the zest of about ½ of a lemon)

2 tsp red wine vinegar

1 Tbsp olive oil

½ tsp black pepper

1/8-¼ tsp cayenne pepper, optional

## DIRECTIONS

1. Preheat the oven to 350 degrees
2. Drizzle the cod fillets with olive oil, sprinkle with a pinch of salt then place on a baking sheet.
3. Roast for 10–12 minutes to cook through – thicker fillets or loins may need slightly longer.
4. Remove from the oven and transfer on to serving plates. Top each filet with ¼ of the tomato topping

## NUTRITION FACTS PER SERVING

Calories: 245   Fat: 12.3g (Saturated Fat: 1.5g)   Carbohydrates: 4.2g   Fiber: 1.4g   Sugar: 2.4g   Protein: 31g



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