

**Fresh Cod with Tomatoes and Cheese & Baked Sweet Potato** ~ choose one side item to complete your meal

**Fresh Cod with Tomatoes and Cheese**

Serves 4

- 1 ½ lb Fresh cod fillets
- 2 tsp Olive oil
- 2 tsp Fresh lemon juice
- 1 tsp Fresh basil, chopped
- ¼ tsp Black pepper
- 4 Tomatoes, cored, sliced
- 1 ½ Tbsp Parmesan cheese, grated



Rinse fish in cool water, pat dry with a paper towel and cut into serving pieces. Combine oil and lemon juice in a non-stick baking dish sprayed with cooking spray. Add fish and turn them to coat both sides lightly. Place in the pan in a single layer. Sprinkle with basil and pepper. Overlap tomatoes in an even layer on top of fish fillets and sprinkle them with grated cheese. Cover with foil and bake for 10-15 min. until fish flakes easily with a fork.

**Cod Recipe Nutrition per serving**

177 calories; 29 gm protein; 5 gm carbohydrate; 4 gm total fat; 1 gm saturated fat; 0 trans fat; 66 mg cholesterol; 1 gm fiber; 140 mg sodium

**Fresh cod fillets on sale**

**Fresh tomatoes on sale**

**Fresh baking potatoes on sale**

**To Make Baked Sweet Potato:** Wash potato in tap water. Pierce the skin several times with a fork. Place in a 425 degree oven (or microwave oven). Cook for 45-60 minutes (conventional oven) or 15-20 minutes (microwave oven). Potato is done when soft if poked with a fork. Cooking time depends on size of potato.

**Side Items:**

**1. Onion-Flavored Green Beans or French Green Beans** – Affordable, staple ingredient: Lowe's Foods Brand Frozen Green Beans or French Green Beans

To Make: Get out a cutting board and knife and chop up ½ small onion for topping. Cook frozen green beans according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

**2. Lightly Sauteed Greens** – Affordable, staple ingredient: Fresh greens such as spinach, kale, turnip or mustard

To Make: Get out a cutting board and knife, remove thick stems and chop greens coarsely. If using spinach, then chopping is not necessary. Heat a large skillet with 2 Tbsp oil and then add about 8 cups of greens and stir in hot pan for 2 minutes. Quickly, add 2 cloves of minced or sliced garlic and stir in pan. Dust with salt & pepper to taste.

**3. Chile Rice Pot** – Affordable, staple ingredients: Lowe's Foods Brand White Rice, Canned Red Kidney Beans, Stewed Diced Tomatoes with Italian Herbs and Frozen Corn

To Make: Place the following ingredients together in a large, shallow microwave dish: 1 cup white rice, 14 oz can stewed diced tomatoes with Italian herbs, 15 oz can red kidney beans (drained and rinsed), 2 cups frozen corn, 1 cup prepared salsa, 1 ½ cups water. Cover and microwave on HIGH for 25-30 minutes or until rice is tender and has absorbed almost all the liquid.

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