

Baked Cod with Olives and Tomatoes



Ingredients:

- 4 Cod fish filets
- 5 garlic cloves, peeled and minced
- 1 cup cherry tomatoes, washed and dried
- 1/8 cup black olives, pitted and sliced in half
- 1/4 cup fresh parsley chopped
- 5 tablespoons fresh lemon juice
- 5 tablespoons extra virgin olive oil
- 2 tablespoons melted butter
- 1/3 cup all-purpose flour
- 3/4 tsp paprika
- 3/4 tsp ground cumin
- 3/4 tsp salt
- 1/2 tsp black pepper

Directions:

1. Preheat oven to 400 F.
2. Combine lemon juice, olive oil, and melted butter in a small bowl. Set aside.
3. In a large bowl combine all-purpose flour, spices, salt and pepper.
4. Pat fish fillet dry. Dip fish in the lemon juice mixture then dip in the flour mixture. Cover all areas of the fish. Remove excess flour.
5. Heat 2 tablespoons olive oil in a skillet over medium-high heat. Add fish and sear on each side, 1-2 minutes. Do not fully cook. Remove the fish from the skillet and place in a baking dish.
6. Add the minced garlic to the lemon juice and mix. Place the tomatoes and olives on top of the fish. Drizzle the lemon mixture over the fish and tomatoes.
7. Bake, uncovered, in the heated oven for 10 minutes.
8. Remove from heat and garnish with chopped parsley before serving.

Makes 4 servings.



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