

# BRUSCHETTA-TOPPED COD

Yield: 4 Servings (1 fillet per serving)



**TOTAL TIME:** 25 minutes

## INGREDIENTS

- 1 tsp. Wegmans Basting Oil, divided
- 4 Pacific cod fillets (about 6 oz. each)
- Salt and cracked black pepper
- 1 cup Wegmans Italian Classics Tomato Artichoke Bruschetta Topping (Grocery Dept.)

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## PREPARATION

Preheat oven to 400 degrees.

1. Spread baking sheet with 1 tsp. basting oil. Place cod on baking sheet. Season each fillet with salt and pepper; top evenly with bruschetta.
2. Bake 15–18 min. or until internal temp of cod reaches 130 degrees (check by inserting thermometer halfway into thickest part of cod).
3. Remove from oven; let rest 2 min.

## NUTRITION

**Per serving:** Calories: 170; Fat: 5 g (4 g saturated fat); Cholesterol: 80 mg; Carbohydrates: 2 g; Protein: 26 g; Fiber: 2 g; Sodium: 510 mg.

Recipe courtesy of Wegmans