

COD AL FORNO WITH ROASTED TOMATOES

Yield: 4 Servings (1 fillet per serving)



TOTAL TIME: 20 minutes

INGREDIENTS

- 4 fresh Pacific Cod fillets (about 6 oz. each)
- Salt and pepper
- 5.5 oz. roasted red tomatoes (Mediterranean Bar), chopped (about 1 cup)
- 1 cup panko bread crumbs
- ¼ cup Wegmans Basting Oil, divided

PREPARATION

Preheat oven to 450 degrees.

1. Spray baking sheet with nonstick spray. Place cod on baking sheet; season with salt and pepper. Spread each fillet evenly with chopped tomato.
2. Combine panko and basting oil in a small bowl; mix well. Sprinkle fillets with evenly divided portions of crumb mixture.
3. Bake 12 min. or until internal temp. of cod reaches 130 degrees (check by inserting thermometer halfway into thickest part of cod). Remove from oven; let rest 2 min.

NUTRITION

Per serving: Calories: 360; Fat: 18 g (2 g saturated fat)(220 mg omega-3 fats); Cholesterol: 75 mg; Carbohydrates: 15 g; Protein: 34 g; Sodium: 230 mg.

Recipe courtesy of Wegmans