

Cod with White Wine Tomato Pan Sauce

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

For the sauce:

2 tablespoons olive oil
½ teaspoon crushed red pepper flakes
2 large cloves garlic, finely minced
1 pint cherry tomatoes, sliced in half lengthwise
¼ cup dry white wine
¼ cup fresh basil, finely chopped
2 tablespoons fresh lemon juice
½ teaspoon fresh lemon zest
½ teaspoon salt
¼ teaspoon fresh ground black pepper

For the cod:

2 tablespoons olive oil
1 ½ pounds fresh cod, cut into 4 6-ounce fillets

Method of Preparation:

1. Preheat oven to 375 degrees
2. For the sauce: Heat oil in a large non-stick sauté pan over medium heat. Add crushed red pepper flakes and garlic and sauté for one minute, or until garlic is fragrant. Add cherry tomatoes and cook, stirring occasionally, until they are soft and blistering, but still hold their shape, about 12 minutes. Stir in white wine and allow the mixture to come to a light simmer. Then add lemon juice, lemon zest, salt, and pepper and cook for an additional two minutes. Stir in basil, then transfer the sauce into a bowl and set aside until needed. (Keep warm or reheat when ready to serve)
3. For the fish: Heat oil in a large non-stick sauté pan over medium heat. Season both sides of cod with salt and pepper. Place cod in the oil and cook until golden brown, about 3-5 minutes. Carefully flip the cod over and place the pan in the oven to continue cooking for another 3-5 minutes, or until fish is cooked through. Pour the white wine tomato basil sauce over the cod and serve over cooked basmati rice, grain or pasta at once. Steamed asparagus makes a quality companion to this meal

Nutritional Analysis:

Calories: 340
Carbohydrates: 4 g
Sodium: 1,100 mg
Protein: 44 g
Fat: 15 g
Fiber: 1 g

Recipe ©Johnson & Wales University 2017. All rights reserved.

Learn more at jwu.edu/eat-healthy

03.13.17 "National Nutrition Month"