



Baked Cod with Red Pepper-Scallion Relish

Prep: 20 minutes

Bake: 18 minutes • Serves: 4

- 4 boneless, skinless cod fillets (about 7 ounces each)
- 5 teaspoons olive oil
- ½ teaspoon granulated garlic
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1½ cups sliced green onions
- ¾ cup drained and chopped roasted red bell peppers
- 2 tablespoons fresh lemon juice
- 2 teaspoons chopped fresh dill
- 1 pinch cayenne pepper

1. Preheat oven to 375°. Coat both sides of fillets with 3 teaspoons oil; sprinkle with granulated garlic, salt and pepper. Place fillets in baking dish. Bake 18 to 20 minutes or until fish turns opaque throughout and reaches an internal temperature of 145°.

2. Meanwhile, in large skillet, heat remaining 2 teaspoons oil over medium-high heat. Add onions and red peppers, and cook 2 to 3 minutes or just until heated through, stirring frequently. Remove skillet from heat and stir in lemon juice, dill and cayenne.

3. Top fillets with relish to serve.

Approximate nutritional values per serving:

*208 Calories, 7g Fat (1g Saturated), 73mg Cholesterol,
231mg Sodium, 5g Carbohydrates, 1g Fiber, 31g Protein*