



## Baked Cod Italian Style

### Ingredients

- 1 ½ lb. Cod Loin, Raw, 4 oz Pieces
- ¾ lb. Plum Tomatoes, Fresh Sliced ½ oz.
- 6 oz. Red Onions, Fresh, Sliced Thin
- 2 Tbsp Extra Virgin Olive Oil
- 2 Tbsp Oregano Leaves, Fresh, Minced
- ¼ Tbsp Salt
- ½ Tsp Ground Black Pepper
- ¾ Cup White Wine
- 1 ½ Cup Water

### Nutrition Facts (per serving)

Calories	147
Fat (g)	3.3
Saturated Fat (g)	0.5
Cholesterol (mg)	49
Sodium (mg)	317
Carbohydrate (g)	5.2
Fiber (g)	1.1
Protein (g)	21.1
Calcium (mg)	28

### Preparation

Butterfly 4 oz cod fillets (cut fillets widthwise in half, but leave halves attached).

Place cod fillets 13x9" pan.

Layer 1 slice tomato, then 1 slice onion on top of each fillet. Repeat, layering a total of 4 slices tomato and 4 slices onion on each fillet.

Drizzle 1/2 tsp olive oil over each fillet.

Sprinkle 1/2 tsp oregano and a pinch each of salt and pepper over each fillet.

Pour wine and water into bottom of pan. Cover with aluminum foil. Bake in a 355 degree F. convection oven for 30 minutes

**Serves 6**

**Portion: 1 Fillet & Vegetable Top**

