



Cod with Fennel and Tomato Sauce



6 servings



10 mins prep | 30 minutes total time

Per serving:

301 calories

9 g carbs

3 g fiber

11 g fat

41 g protein

Ingredients

- 2 1/4 lb cod filets
- salt and pepper, to taste
- 2 fennel bulbs, thinly sliced
- 1 onion, sliced
- 1/4 cup olive oil
- 2 cups tomato sauce
- 1 cup spinach, chopped
- 1/2 cup kalamata olives, pitted
- 1/2 tsp crushed red pepper, optional

Directions

Prep

1. Season cod filets with salt [if desired] and pepper to taste. Set aside.
2. Slice fennel and onion. Chop spinach.
3. Preheat oven to 350° F.

Make

1. Add olive oil to the bottom of a roasting pan with sides. Add onion and fennel and toss to coat.
2. Bake until onion and fennel have softened, about 10-15 minutes
3. Remove from oven and add tomato sauce, spinach, olive, and crushed red pepper [if desired]. Stir to incorporate vegetables.
4. Nestle cod filets into tomato mixture and return to oven for another 15 minutes or until the cod is cooked through.
5. Remove from oven and serve.



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