

# BAKED COD WITH TOMATOES

Tender baked cod with tomatoes and olives simmers in a fragrant white wine and lemon sauce that infuses the cod with delicious flavors. Serve over your favorite pasta or rice for an easy recipe that comes together in just 30 minutes.

Serves 4

## INGREDIENTS

4 5-oz cod portions  
2 tablespoons extra virgin olive oil  
1 shallot sliced  
3 cloves garlic, minced  
1 can Hunt's Petite Diced Tomatoes  
1/2 cup white wine  
lemon juice and zest of half a lemon  
salt and pepper to taste  
1/2 teaspoon dried oregano  
1 cup olives (Kalamata or green olives, or a mix)  
1 cup artichoke hearts, quartered  
fresh basil, chopped

**Top with fresh chopped basil and serve over pasta, rice or cauliflower rice.**



## PREPARATION

1. Preheat the oven to 425° F.
2. Pat the cod dry with paper towels and set aside.
3. In a large oven-proof skillet heat 2 tablespoons olive oil. Add the shallot and cook until soft about 4 minutes. Add the minced garlic and cook until fragrant, about 1 minute.
4. Add the tomatoes to the skillet and stir to coat with olive oil. Season with salt, pepper and dried oregano. Add the white wine to the skillet along with the lemon juice.
5. Brush the cod with olive oil and season with salt and pepper. Nestle the cod in the skillet among the tomatoes. Add the lemon zest on top of the cod portions. Add the olives and artichoke hearts to the skillet and bake in the oven for 15 minutes or until the fish is cooked through.
5. The fish will be flaky when done.