

# Cod and Sweet Peppers

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*Looking for a healthy but delicious weekday dinner? Tender cod fillets, sweet peppers, and zesty salsa are baked in an orange juice reduction for an oh-so-simple recipe that is bursting with flavor. The 20 minute meal will be on the table before you know it, making it a perfect dinner for busy families who still want time to enjoy a good meal.*

## Ingredients:

1 tsp olive oil  
½ lb cod fillets  
¼ tsp salt  
pepper to taste  
1/3 c. orange juice  
¼ c. salsa  
1/3 c. green pepper, julienned  
1/3 c. red pepper, julienned  
hot cooked rice

## Directions:

1. Preheat oven to 350 degrees F. Grease a large 1-quart dish and set aside.
2. Place cod fillets in bottom of casserole dish and cover with orange juice. Layer with salsa and sliced peppers and cover.
3. Bake for 20 minutes or until peppers are tender and fish flakes easily with a fork. Serve over rice, using orange juice as a sauce.

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