

Herbed Fish Bake

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This simple fish bake is a rustic and easy way to serve up delicious fish in a healthy and tasty way! Cod fillets are baked with thinly sliced seasonal vegetables and garnished with fresh herbs and tangy balsamic vinegar. Prep the vegetables the night before and assemble this dish before heading to work. When you get home, a hearty and healthy home-cooked meal can be ready in just minutes!

Ingredients:

3 Tbsp Olive Oil
3 onions, thinly sliced
1 bell pepper, sliced
½ zucchini, thinly sliced
½ yellow squash, thinly sliced
1 large tomato, cubed
6 oz can black olives, halved
2 Tbsp balsamic vinegar
salt and pepper to taste
2 lb cod fillets
1/3 c. fresh chives
1/3 c. fresh basil leaves, minced
1/3 c. cilantro, minced

Directions:

1. Preheat oven to 350 degrees F. Grease a 9x11" baking pan and set aside.
2. In large frying pan heat oil. Add onions and bell peppers and cook 3 minutes or until tender and aromatic.
3. Add zucchini, squash, tomatoes, olives, and balsamic vinegar. Saute until vegetables are tender, and season with salt and pepper to taste.
4. Transfer ½ of the vegetables to the bottom of the baking pan. Sprinkle ½ of the herbs over the vegetables and arrange the fish over the vegetables. Spread the remaining vegetables over the fish, and sprinkle with herbs. Cover, and bake for 25 minutes or until the fish is cooked through and flakes easily.

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