



Artichoke Cod with Sun-Dried Tomatoes

🕒 Total Time Prep/Total Time: 30 Min.

Yield 6 Servings



👍 Test Kitchen Approved

Cod is a fabulous break from really rich dishes that take so long to prepare. I like to serve this dish over a bed of greens, pasta or quinoa. A squeeze of lemon gives it another layer of freshness. —Hiroko Miles, El Dorado Hills, California

Ingredients

- 1 can (14 ounces) quartered water-packed artichoke hearts, drained
- 1/2 cup julienned soft sun-dried tomatoes (not packed in oil)
- 2 green onions, chopped
- 3 tablespoons olive oil
- 1 garlic clove, minced
- 6 cod fillets (6 ounces each)
- 1 teaspoon salt
- 1/2 teaspoon pepper

- Optional: Salad greens and lemon wedges

Directions

- 1 Preheat oven to 400°. In a small bowl, combine the first 5 ingredients; toss to combine.
- 2 Sprinkle both sides of cod with salt and pepper; place in a 13x9-in. baking dish coated with cooking spray. Top with artichoke mixture.
- 3 Bake, uncovered, until fish just begins to flake easily with a fork, 15-20 minutes. If desired, serve over greens with lemon wedges.

Nutrition Facts

1 fillet with 1/3 cup artichoke mixture: 231 calories, 8g fat (1g saturated fat), 65mg cholesterol, 665mg sodium, 9g carbohydrate (3g sugars, 2g fiber), 29g protein. **Diabetic Exchanges:** 4 lean meat, 1-1/2 fat, 1 vegetable.

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RECIPE CREATOR

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