



# Recipes

## Fish

### Cod with Tomatoes and Capers

*Prep Time: 20 minutes*

*Yield: 4 servings*

#### **Ingredients:**

- 1 lb. cod filets, cut into 2-inch pieces
- 2 medium onions, sliced medium thick
- 3 medium cloves garlic, chopped
- 1/2 tablespoon chicken or vegetable broth
- 2 cups fresh or 1 15 oz. can (BPA free) diced tomatoes
- 2 tablespoons fresh lemon juice
- 2 tablespoons capers
- 1/2 cup chopped basil
- 2 teaspoons chopped fresh rosemary
- 2 teaspoons chopped fresh thyme
- Sea salt and black pepper to taste
- Red chili flakes to taste

#### **Directions:**

1. Slice onions and chop garlic.
2. Heat 1 tablespoon broth in a 10-12 inch stainless steel pan or skillet.
3. Sauté onion in broth over medium heat for about 5 minutes.
4. Add garlic and sauté for another minute.
5. Add rest of broth, diced tomatoes, and lemon juice.
6. Add herbs, capers, and cod filets; cover and simmer for about 5 minutes.