

Fish with Spinach

Cook time: 30 minutes

Makes: 4 Servings

Cod fillets are pan-fried until golden brown and mixed with a rich tomato and spinach sauce for an easy seafood dish. Top with olives and serve with a favorite side for a quick meal.

Ingredients

- 1 tablespoon** vegetable oil
- 1** skinless cod fillets
- 1** yellow onion (peeled and chopped into 1/4 inch pieces)
- 2 cloves** garlic (peeled and minced)
- 2 cups** Canned low-sodium diced tomatoes (or fresh tomatoes)
- 1/2 cup** water
- 2 cups** frozen spinach (coarsely chopped)
- 1/4 cup** Kalamata olives (or other Greek olives pitted and coarsely chopped)

Directions

1. Put the skillet on the stove over high heat. When it is hot, add 1½ teaspoons oil.
2. Add fish. Cook about 5 minutes per side, until deeply browned. Remove the fish to the plate and cover.
3. Reheat the skillet to medium heat. Add the remaining 1½ teaspoons oil, onion, and garlic. Cook about 7 minutes. Add tomatoes and water. Cook about 10 minutes, until the mixture thickens and turns from bright red to an orange color.
4. Return fish to skillet with the tomato mixture.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	194	
Total Fat	6 g	9%
Protein	25 g	
Carbohydrates	12 g	4%
Dietary Fiber	6 g	24%
Saturated Fat	1 g	5%
Sodium	255 mg	11%

MyPlate Food Groups

Vegetables	1 1/4 cups
Protein Foods	3 ounces

Cover with spinach and sprinkle with olives. Cover skillet. Cook about 2 minutes over low heat until the spinach is steamed. Serve right away.

Notes

*Try this recipe with another white fish, such as tilapia, haddock, or catfish.

*Fresh tomatoes can be used instead of canned.

USDA Center for Nutrition Policy and Promotion