



Heart Month | Heart Healthy Recipe

Cod Provençal — Entree

- 1 Tbsp olive oil
- 1 large onion, chopped
- 1 green pepper, diced
- 1 clove garlic, minced
- 1-15 oz diced tomatoes, canned, no salt added
- 1 Tbsp tomato paste, no salt added
- 2 Tbsp wine*, white or red
- 1/8 tsp salt
- 1/16 tsp cracked red pepper, optional
- 1 lb cod fillet, cut in 2" pieces
- 1/4 cup black olives, sliced freshly ground black pepper

Yield: 10 cups
Serving size: 1 cup

Warm oil in large frypan. Add onion, green pepper, & garlic; sauté about 3 minutes until softened. Add the diced tomatoes, tomato paste, and wine. Bring to a boil then reduce temperature to simmer for about 5 minutes. Add black olives, black pepper, optional red pepper, salt and cod. Continue simmering until cod is opaque and flakes easily, about 5-10 minutes. (*Apple juice can be substituted for wine.)

This recipe is a tasty, vegetable-rich way to help you get your 2 fish meals a week. Serve over brown rice or whole grain pasta. Complete the meal by adding a generous portion of vegetables.

Nutrient info: 190 Calories, 13 g carbs, 22 g protein, 5 g total fat, 1 g saturated fat, 49 mg chol., 237 mg sodium, 2 g fiber