

# **Cod with Tomato Basil Sauce**

## **Ingredients**

- 4 cod fillets (about 6 oz each)
- 2 tbsp olive oil
- 1 can (14.5 oz) diced tomatoes
- 1/4 cup fresh basil, chopped
- 2 garlic cloves, minced
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp dried oregano

#### **Instructions**

- 1. Preheat the oven to 375°F (190°C).
- 2. Heat 1 tbsp olive oil in a skillet over medium heat.
- 3. Add minced garlic and cook for 1 minute, until fragrant.
- 4. Add diced tomatoes, basil, salt, black pepper, and oregano. Simmer for 10 minutes, stirring occasionally.
- 5. Place the cod fillets in a baking dish and drizzle with the remaining 1 tbsp olive oil.
- 6. Pour the tomato basil sauce over the cod fillets.
- 7. Bake for 20-25 minutes, until the cod is cooked through and flakes easily with a fork.
- 8. Serve hot.

# Macros (per serving, serves 4)

Calories: 250Protein: 30gCarbs: 10gFat: 10g

### **Shopping List**

- 4 cod fillets
- Olive oil
- Diced tomatoes (canned)
- Fresh basil
- Garlic cloves
- Salt
- Black pepper
- Dried oregano

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The provided macronutrient values are estimated and may not be completely accurate. Factors such as specific ingredient brands, variations in ingredient sizes, and cooking methods can affect the actual nutritional content of the recipes. For precise nutritional information, please consult a registered dietitian or use a verified nutrition calculator based on the specific ingredients and quantities you use.