

Parmesan Cod with Arugula and Tomato

Ingredients

- 2 cups chopped vine-ripened tomatoes
- ¼ cup chopped fresh basil
- 2 Tbsp. extra-virgin olive oil
- ¼ cup fish stock
- 2 Tbsp. minced red onion
- ½ tsp. minced garlic
- ¼ tsp. salt
- ¼ tsp. ground black pepper
- cooking spray
- 4, 4 oz cod fillets
- 4 tsp. Dijon mustard
- 4 tsp. butter, melted
- 1 bunch arugula
- ¾ cup shredded Parmesan cheese

Servings: 4

Method

1. Combine tomatoes, basil, olive oil, fish stock, onion, garlic, salt, and black pepper together in a bowl; refrigerate for about 30 minutes.
2. Preheat oven to 400 degrees F. Spray a baking sheet with cooking spray.
3. Place black cod, skin-side down, on the prepared baking sheet. Mix Dijon mustard and butter together in a small bowl.
4. Bake in the preheated oven for 6 minutes. Flip fish and brush mustard-butter over fish, coating the surface completely. Continue baking fish fillets until they flake easily with a fork, 5 minutes.
5. Spread arugula onto serving plates. Arrange fish onto the arugula and top with tomato mixture and Parmesan cheese.

Calories 321; Fat 6.6 g; Sodium 739 mg.

