



Mediterranean Cod Gremolata

INGREDIENTS for the COD and VEGETABLES

1 lb cherry tomatoes	1-2 garlic cloves, peeled & diced	1 teaspoon oregano
One 14 oz can of artichoke hearts	½ cup of black olives	½ teaspoon chili flakes
1 yellow squash, sliced	¼ cup of capers	4 (½-lb each) cod loins
1 green squash, sliced	3 tablespoons olive oil	fresh parsley; chopped
1 shallot, peeled and diced	salt and pepper to taste	fresh lemon juice

INGREDIENTS for the GREMOLATA

2 cloves of garlic	2 tablespoons fresh lemon juice	1 teaspoon lemon zest
4 tablespoons olive oil	salt and pepper to taste	¼ teaspoon chili flakes
3 TBS fresh parsley; chopped		

DIRECTIONS for the COD and VEGETABLES

Preheat oven to 450°F. In a medium size baking dish combine tomatoes, artichokes, squashes, shallot, garlic, olives, and capers. Drizzle the veggies with 2 TBS of olive oil and seasoning with salt, pepper, chili flakes and oregano. Toss, then roast on the middle rack of oven for 12 minutes. Remove from the oven and REDUCE temperature to 400°F. Season the cod with salt and pepper, and drizzle it with remaining oil. Place the fillets over the vegetables in the baking dish. Roast for a further 10-12 minutes, or until the fish registers 125°F. The fillets will be opaque and fork tender.

DIRECTIONS for the GREMOLATA

In a small bowl, stir to combine the garlic, lemon juice and zest if using, and olive oil. Season with salt and pepper, then stir in the chili flakes and parsley. Makes 4 servings (including Gremolata; 350 calories each).