

RECIPE DETAILS



Wild Alaskan Cod with Fire-Roasted Tomato, Black Bean, Corn, and Lime Sauce

SERVINGS
4

RECIPE SOURCE
Catherine Richey, Lavish
Cuisine

RATING
5 / 5

PREP TIME
0 HRS 5 MIN

COOKING TIME
0 HRS 20 MIN

Ingredients

- 4 (6-8 oz) cod fillet portions
- sea salt and freshly ground pepper, to taste
- 4 T (or to taste) Mrs. Dash Fiesta Lime Seasoning, divided
- 2 cloves garlic, finely diced
- 1 T olive oil
- 1 8 oz can fire-roasted tomatoes
- 1 15 oz can black beans, drained and rinsed
- 1-2 tsp cayenne pepper
- 1 lime, zest and juice
- 3/4 cup white wine
- 1 1/2 cups frozen corn, thawed

Cooking Instructions

****Sauce Directions:**
Sauté garlic in oil until pale and golden. Stir in tomatoes, black beans, corn, 2 T Mrs. Dash Fiesta Lime Seasoning, wine, lime zest and juice, and cayenne pepper. Simmer sauce uncovered until slightly thickened, about 15 minutes. Taste for salt and pepper and season to taste.

****Fish Directions:** Sprinkle Mrs. Dash Fiesta Lime seasoning, salt and pepper over both sides of the cod fillets. You can poach, pan sauté or bake the cod. To poach: Nestle fish in sauce, spooning some sauce over the top, and cook, covered, just until the fish is cooked through (130° internal temperature), about 7-8 minutes. To sauté: Heat olive oil in a skillet over medium-high heat. Place fish in pan and cook for approximately 5 minutes on one side, or until golden brown. Flip fish carefully and continue cooking for approximately 2 minutes, or until fish is cooked through (130°F internal temperature). To bake: Preheat oven to 375. Bake fish on a parchment lined baking tray for approximately 15-20 minutes, or until the internal temperature of the cod reaches 130°F.

Recipe Description

Reheat Instructions

Nutrition Facts

Amounts Per Serving

Calories 425

Total Fat 5g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 102mg

Sodium 1797mg

Total Carbohydrates 46g

Dietary Fiber 10g

Sugar 11g

Protein 43g

Vitamin A 82IU

Vitamin C 33mg

Calcium 82mg

Iron 3mg

Phosphorous 814mg

*Percent Daily Values are based on a 2000 calorie diet.

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Recipe Tags

