

Dinner

Pan Seared Cod with Basil Sauce

15 Mins Prep Time

10 Mins Cook Time

Servings

200 Calories 6.5g Fat 1g Carbs

32g Protein



Ingredients

4 Servings



25 Mins Total Time



Allergens: Fish, Dairy, FODMAPs

1/4 Cup Fresh Basil, minced

1/4 Cup Chicken Broth

2 Tbsp Fresh Parmesan Cheese, grated

1 Tbsp Extra Virgin Olive Oil

1 Tsp Salt, divided

1/2 Tsp Garlic Powder

1 Tbsp Capers (omit if bothersome)

Juice from ½ Lemon

4 (6 oz) Cod Fillets



1/4 Tsp Black Pepper (omit if bothersome)

Allergen Swap

Fish Substitute chicken breast or tofu

Dairy Parmesan cheese has trace amounts of lactose, omit cheese if bothersome

FODMAPs Omit garlic powder

Nourishment Note



Cod

Cod is low in fat and provides important nutrients like B-12, phosphorus and niacin. It is also a great protein source, which is important for building new, healthy cells.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Prepare Basil Sauce

Whisk together basil, chicken broth, Parmesan cheese, extra virgin olive oil, $\frac{1}{2}$ tsp salt, garlic powder, capers, and lemon juice in a small bowl.

3. Season Fish & Prepare Skillet

Sprinkle fish fillets with remaining salt and pepper. Heat a large, nonstick skillet over medium-high heat and coat with cooking spray

4. Sauté Fish

Add fish to hot skillet; sauté for five minutes on each side, or until fish is flaky and cooked through.

5. Serve & Enjoy

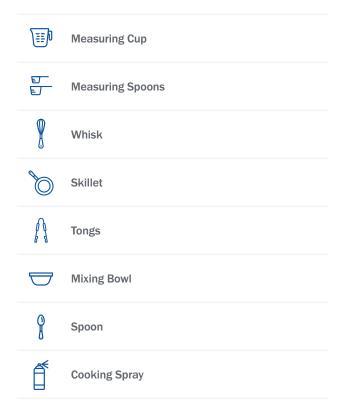
Plate fish and spoon basil sauce on top.

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from myrecipes.com

What You'll Need



Remission Remix

• Serve with a green salad for a light & refreshing meal.