

Dinner

Pan Seared Cod with Basil Sauce

15 Mins
Prep Time

10 Mins
Cook Time

4
Servings

200 Calories **6.5g** Fat **1g** Carbs **32g** Protein



Ingredients

4 Servings **25 Mins** Total Time **Allergens:** Fish, Dairy, FODMAPs

¼ Cup Fresh Basil, minced

¼ Cup Chicken Broth

2 Tbsp Fresh Parmesan Cheese, grated

1 Tbsp Extra Virgin Olive Oil

1 Tsp Salt, divided

½ Tsp Garlic Powder

1 Tbsp Capers (omit if bothersome)

Juice from **½** Lemon

4 (6 oz) Cod Fillets

¼ 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. Prepare Basil Sauce

Whisk together basil, chicken broth, Parmesan cheese, extra virgin olive oil, ½ tsp salt, garlic powder, capers, and lemon juice in a small bowl.

2. 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

3. Sauté Fish

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

4. Serve & Enjoy

Plate fish and spoon basil sauce on top.

Recipe adapted from _____

What You'll Need



Measuring Cup



Measuring Spoons



Whisk



Skillet



Tongs



Mixing Bowl



Spoon



Cooking Spray

Remission Remix

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