

Dinner

Pan Seared Cod with Basil Sauce

Side Effect: Weight Loss/ Loss of Appetite

15 Mins
Prep Time

10 Mins
Cook Time

4
Servings

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



Ingredients

 **4 Servings** • **1 Fillet + 1 ½ Tbsp Basil Sauce** Serving Size

 **25 Mins** Total Time

 **Allergens: Fish, Dairy**

¼ Cup Fresh Basil, **washed** and 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

Juice from **½** Lemon

4 (6 oz) Cod Fillets 

¼ Tsp Black Pepper

Allergen Swap

Fish Substitute chicken breast or tofu

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

Nourishment Note



Cod

Cod is a lean protein source which is important for building new, healthy cells. Protein needs may be elevated when undergoing cancer treatments.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning

2. 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.

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. Enjoy!

6. Wash Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: _____

What You'll Need



Measuring Cup



Measuring Spoons



Whisk



Skillet



Tongs



Mixing Bowl



Spoon



Cooking Spray

Fatigue Buster

- Use individually packaged frozen cod or tilapia fillets.
- Purchase pre-squeezed lemon juice.
- Look for minced, fresh basil at your local grocery store.