



## *Healthy Eating & Weight Loss*

### **Cod VeraCruz**

- 2 tbsp flour
- 1/2 tsp each salt and ground pepper
- 4 pieces cod fillet (6 oz each)
- 1 1/2 Tbsp olive oil
- 1 medium thinly sliced onion
- 1 tsp garlic, minced
- 1 (14 oz) can roasted diced tomatoes with green chilies
- 1/2 cup water
- 1/3 cup pimento stuffed green olives, halved
- 1 Tbsp capers, rinsed
- 1/2 tsp dried oregano
- Chopped Parsley for garnish (optional)

Mix flour, salt and pepper on a sheet of wax paper. Add fish and turn to coat.

Heat 1 Tbsp oil in a large non-stick skillet. Add cod and cook over medium-high heat, turning once (5-7 minutes) until golden and cooked through. Remove fish from skillet.

Add remaining oil and onion and garlic. Saute 3 minutes and stir in remaining ingredients. Bring to a boil, reduce heat and simmer 2 minutes. Spoon over fish and garnish with parsley

**247 calories per serving, 32 g protein**

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