

## **Cod Puttanesca**

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 25 minutes

Serves:

**CChints:** Cod is a mild, sweet white fish that loves to take on the flavors it is service with. Puttanesca is an Italian turn for a medley of tomatoes, onions and olive which is usually served over pasta but we served it over fish. Fresh herbs are usually added in the middle or near the end of a recipe and dried need to be added near the beginning so they have time to release their flavors. If you don't have fresh herbs you can use dry by dividing the amount of fresh herbs by 3... so 1 tablespoon fresh = 1 teaspoon dry.



1 pound of cod filets, fresh or thawed  
1/2 teaspoon salt  
1/2 teaspoon lemon pepper  
1 tablespoon oil from your Sundried Tomatoes or olive oil  
1 medium sweet, yellow onion, sliced  
2 gloves minced garlic, fresh or from a jar  
14 ounce can diced tomatoes  
1 tablespoon chopped fresh oregano  
1 tablespoon chopped fresh thyme  
1/4 cup pitted Kalamata olives, cut in half  
1/4 cup chopped sundried tomatoes, rinsed free from oil  
1 tablespoon capers, rinsed, drained and chopped  
1 teaspoon lemon zest  
Side vegetable of your choice

Rinse the fish and pat it dry. Sprinkle with the salt and lemon pepper and set aside for now.

Locate your large skillet and add the oil and turn the heat to medium. Add the onions and stir occasionally for 4 minutes or until they get tender. Stir in the garlic and tomatoes and simmer uncovered for 5 minutes.

Start your side vegetables now so it is ready with the rest of the dinner.

Stir in the herbs through capers and add the fish to the pan. Bring the sauce to a low boil, reduce the heat and cover for 7-10 minutes or until the fish flakes when pulled with a fork. If the sauce is thick now, remove the pan from the heat. But if you still have a lot of liquid in your sauce, remove the fish from the pan and keep it warm. Continue to cook the sauce, uncovered, for 2-3 minutes. Remove from the heat and stir in the lemon zest.

Serve the sauce over the fish with your side item and enjoy!