

## Mediterranean Cod

Mediterranean Cod is so easy to make, you can readily add it to your quick meal repertoire. It's brimming with health-promoting nutrients including vitamin C, vitamin A, and selenium and yet so low in calories—just 186 for an entree.

**Prep and Cook Time:** 15 minutes

### Ingredients:

- 1/3 lb cod fillets, cut in half
- 2 TBS honey
- 2 tomatoes, diced
- 1 onion, sliced thin
- 1 red bell pepper, diced
- 1/2 cup low-sodium chicken or vegetable broth
- 2 TBS minced basil
- 2 TBS minced parsley
- sea salt and pepper to taste

### Directions:

1. Slice onion and let sit for 5 minutes to bring out its health-promoting properties.
2. Combine honey and tomatoes in a mixing bowl.
3. Healthy Sauté onion and bell peppers for 2 minutes.
4. Add 1/2 cup chicken or vegetable broth, cod fillets and tomato mixture.
5. **Cover** and cook over medium heat for 3-5 minutes or until fish is cooked.
6. Add minced basil, parsley, and salt and pepper to taste.

**Serves 2**