

Baked Cod and Potatoes - serves 4 (411 calories per serving)

2 pounds medium-size potatoes, peeled & cut into 1/4" thick slices

1 medium size sweet red pepper, cored, seeded and diced

2 scallions, trimmed and sliced thin.

2 tbsp + 2 tsp extra virgin olive oil

3/4 tsp salt

1/4 tsp pepper

1 1/2 lbs cod (about 1 inch thick) skinned and cut into 4 equal pieces

chives, for garnish

1. Heat oven to 400°
2. Place potatoes in 8 X 11" baking dish or oval baking dish.
3. Toss pepper and scallions together and reserve 1/4 cup. Mix the remainder with potatoes.
4. Toss the potatoes with 2 T of the olive oil and season with 1/2 tsp salt and 1/8 tsp pepper.
5. Bake at 400° for 30 min until potatoes are tender.
6. Top the potatoes with the cod and season with remaining salt and pepper.
7. Sprinkle with reserved peppers & scallions and drizzle with remaining 2 tps olive oil.
8. Bake for additional 10 minutes or until fish flakes easily.
9. Garnish with chives.