

INDIAN-SPICED COD

Cod is high in essential omega-3 fatty acids yet low in calories making it an ideal choice of proteins to add to your diet. It has a mild flavor, so it works with various vegetables and spices. One of the easiest ways to prepare it is to add some big, bold Indian spices to flavor up the fish. It takes only 10-12 minutes to cook this in the oven, so it can easily be on the table in less than 20 minutes. Serve with some sautéed spinach or carrot salad for a side of fiber.

INGREDIENTS

4 4 to 6-ounce pieces of cod,
bones removed
½ teaspoon ground cumin
½ teaspoon ground coriander
¼ teaspoon turmeric
½ teaspoon salt
¼ teaspoon ground black pepper
pinch of chili powder
1 tablespoon olive oil

MAKES FOUR

- 1 Preheat oven to 400°
- 2 In a small bowl combine cumin, coriander, turmeric, salt, pepper, chili powder, and olive oil. Mix and set aside.
- 3 Line a baking sheet with parchment paper and place the fish on it.
- 4 Pat each piece of fish dry with a paper towel then spoon some of the spice mixture over the fish. Cook for 10-12 minutes until the fish is cooked and flakes easily. The fish will not look translucent.



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