



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Baked Cod with Lemon, Garlic, Capers, and Rosemary

Serves 12 / Serving size: 1 fillet of salmon

Ingredients:

- 12, 4-ounce wild-caught cod fillets (skinless)
- 3 TBSP rosemary leaves (minced)
- 8 cloves garlic (minced)
- 2 lemons (thinly sliced)
- ½ cup fresh lemon juice
- ½ cup olive oil
- ½ cup capers (drained)
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper



Directions:

1. Preheat oven to 350°F.
2. Lightly brush both sides of cod fillets with some olive oil and season with salt and pepper. Line cod fillets in a single layer within the baking dish.
3. In a small bowl, mix remaining olive oil, lemon juice, capers and minced garlic and pour over top cod.
4. Place a lemon slice on top of each cod fillet. Bake for 8-10 minutes, or until fish is cooked to an internal temperature of 145°F.

Nutrition Tips:

1. Wild cod is a great source of protein, vitamin D, vitamin B12, selenium, and phosphorus.
2. Baking fish in a dish with citrus-infused, olive-oil based sauce is an easy way to keep this protein-rich food moist and full of flavor without the saturated fats in fried fish or butter/ cream sauces.
3. This recipe uses citrus and fresh rosemary to give it a light and herbal taste. However, the fresh herb can easily be substituted with dried rosemary if preferred or available.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.