

Lemon Baked Cod with Tomatoes & Olives

2 servings**35 minutes**

Ingredients

2 Cod Fillet
Sea Salt & Black Pepper (to taste)
2 tbsps Extra Virgin Olive Oil (divided)
1 tbsp Lemon Juice
1 cup Cherry Tomatoes (halved)
1/2 cup Assorted Olives
2 tbsps Red Onion (finely chopped)
2 Garlic (clove, minced)
2 tsps Greek Seasoning

Nutrition

Amount per serving	
Calories	371
Fat	19g
Carbs	7g
Fiber	2g
Protein	42g
Calcium	82mg

Directions

- 1 Preheat the oven to 425°F (220°C).
- 2 Pat the fish dry and season both sides with salt and pepper. Brush a baking dish with 1/4 of the oil and place the fish in it. Drizzle the lemon juice over the fish.
- 3 In a bowl, mix together the tomatoes, olives, onions, garlic, Greek seasoning and the remaining oil. Season with salt and pepper. Toss well.
- 4 Spread the tomato mixture over the fish. Bake for 15 to 20 minutes, or until the fish is cooked through and flakes easily with a fork.
- 5 Remove from the oven. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is one cod fillet and 1/2 cup of the tomato mixture.

Fillet Size: One cod fillet is equal to 231 grams or eight ounces.

No Cod Fillet: Use tilapia, haddock, or shrimp instead.

Salmon in Coconut Sauce

2 servings**20 minutes**

Ingredients

- 1 1/2 tsps Avocado Oil
- 1 1/2 tsps Ginger (fresh, chopped)
- 1/2 Garlic (clove, chopped)
- 1 cup Canned Coconut Milk
- 1 tsp Fish Sauce
- 1/2 tsp Coconut Sugar
- 340 grams Salmon Fillet (portioned)
- 1 stalk Green Onion (thinly sliced)
- 2 tsps Cilantro (chopped)
- 1/2 Lime (quartered)

Nutrition

Amount per serving	
Calories	476
Fat	33g
Carbs	6g
Fiber	0g
Protein	40g
Calcium	28mg

Directions

- 1 Heat the oil in a pan over medium-high heat. Sauté the ginger and the garlic for 30 seconds.
- 2 Stir in the coconut milk, fish sauce, and sugar. Cook for one minute.
- 3 Add the salmon. Cover and simmer for six minutes. Turn off the heat and let it rest in the sauce for five minutes or until cooked to your desired doneness.
- 4 Remove the salmon from the pan and reduce the sauce for one to two minutes over a medium high heat.
- 5 Pour the sauce over the fish. Garnish with green onions, cilantro, and lime juice. Divide evenly between plates or bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one piece of salmon with 1/4 cup of sauce.

Serve it With: Enjoy as is or serve with cauliflower rice and/or steamed vegetables.

Additional Toppings: Chili oil and/or chili peppers.