

Cod Caponata



Tip: Substitute strained tomatoes if passata is not available.

Ingredients:

- 1/4 c. extra virgin olive oil, divided
- 1 medium white onion, diced
- 2 large celery stalks, diced
- 2-3 garlic cloves, minced
- 1 medium eggplant, peeled and cubed
- 2 medium tomatoes, diced
- 2 T. tomato paste
- 1 c. tomato passata
- 3 T. red wine vinegar
- 2 T. capers
- 1/4 c. green olives, pitted and sliced
- 1/4 c. raisins
- 4 6-oz. cod fillets
- 3 T. fresh parsley leaves, chopped, divided
- 3 T. sliced almonds, toasted, divided
- Sea salt and black pepper, to taste

Directions:

1. Preheat oven to 400°F and line a large, rimmed baking sheet with parchment paper or a Silpat® baking mat. Set aside.
2. Heat 2 tablespoons olive oil in a large skillet over medium heat. Add the onion and celery, and season with salt and black pepper, to taste. Cook, stirring occasionally, until the onion is soft and translucent, approximately 4-5 minutes.
3. Add another tablespoon of olive oil to the skillet, along with the garlic and eggplant. Cook, stirring occasionally, until the eggplant begins to cook down, around 6-7 minutes.
4. Add the tomatoes, tomato paste, passata, vinegar, capers, green olives, and raisins. Stir to combine and cover skillet with a lid. Reduce heat to low and simmer gently for 15 minutes.

natural
awakenings

Prep time: 15 minutes
Cook time: 35-40 minutes
Serves: 4-6

Continue next page

Cod Caponata

natural
awakenings

Directions (continued):

5. Meanwhile, lightly brush each cod fillet with the remaining olive oil and season with salt and black pepper on both sides. Place the fillets on the prepared baking sheet and place in the pre-heated oven to roast until the fish turns opaque and flakes easily with a fork, approximately 12-13 minutes. (Test after 10 minutes. Do not overcook)
6. Remove lid and stir in two tablespoons each of the fresh parsley and the toasted almonds into the caponata. Taste and adjust seasonings, as desired.
7. Transfer to individual serving plates and garnish with remaining parsley and almonds. Serve immediately with the cod fillets. Enjoy!



*"To insure good health:
eat lightly, breathe
deeply, live moderately,
cultivate cheerfulness,
and maintain an
interest in life." –
William Londen*