



## Baked Cod Olé

Seafood is popular in Barbados, the Dominican Republic, Puerto Rico, and other parts of the Caribbean. Each island has its own specialty dish, and many include baked fish. Cod is a popular choice due to its versatility. It can be baked, poached, or grilled.

**Makes:** 6 servings      **Prep time:** 10 minutes  
**Cook time:** 15 minutes

---

*the*

### INGREDIENTS

---

**3 tablespoons** lime juice, fresh squeezed, seeds removed or bottled lime juice  
(2 limes = about 3 Tbsp lime juice)

**½ teaspoon** olive oil

**¼ teaspoon** black pepper, ground

**¼ teaspoon** salt, table

**1 ¼ cups** tomatoes, fresh, ¼" diced

**1 ¼ cups** onions, fresh, peeled, ¼" diced

**2 tablespoons** cilantro, fresh, chopped

**13½ ounces** cod fish fillets, fresh or frozen  
(each piece should be about 2¼ oz)

Nonstick cooking spray

---

*the*

### DIRECTIONS

---

1. Preheat oven to 400 °F.
2. To make dressing: In a small bowl, whisk together lime juice, olive oil, black pepper, and salt.
3. To make salsa: In a medium bowl, combine tomatoes, onions, and cilantro. Add dressing and toss. Hold at 40 °F or lower.
4. Coat baking sheet with nonstick cooking spray.
5. Place fish portions on a baking sheet with about 1" of space separating each piece.
6. Top each piece of fish with **1/3** cup (about 2**1/3** oz) salsa.
7. Roast for 12–15 minutes. When done, fish will flake easily with a fork. Heat to an internal temperature of 155 °F for at least 15 seconds.
8. Serve 1 fillet topped with **1/3** cup salsa.

Critical Control Point: Hold at 140 °F or higher.

*the*

## NUTRITION INFORMATION

For 1 fish fillet topped with  $\frac{1}{3}$  cup salsa.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>68</b>
<hr/>	
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	25 mg
<b>Sodium</b>	<b>132 mg</b>
<b>Total Carbohydrate</b>	<b>4 g</b>
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>11 g</b>
<hr/>	
Vitamin D	N/A
Calcium	44 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP  
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

*the*

## CACFP CREDITING INFORMATION

1 fish fillet topped with  $\frac{1}{3}$  cup salsa provides  $1\frac{1}{2}$  oz equivalent meat and  $\frac{1}{4}$  cup vegetable.

*the*

## CHEF TIPS

### Variation

Tilapia, halibut, or other white fish can be substituted for cod.