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Roasted Cod with Warm Tomato-Olive-Caper Tapenade

Prep Time: 5 mins

Cook Time: 25 mins

Total Time: 30 mins

Ingredients

- 1 pounds fish, cod, fillet
- 3 teaspoon oil, olive, extra virgin, divided
- 1/4 teaspoon pepper, black ground
- 1 tablespoon shallot(s), minced
- 1 cup(s) tomato(es), cherry, halved
- 1/4 cup(s) olives, pitted, cured, chopped
- 1 tablespoon capers, rinsed and chopped
- 1 1/2 teaspoon oregano, fresh, chopped
- 1 teaspoon vinegar balsamic

Preparation

- 1) Preheat oven to 450°F. Coat a baking sheet with cooking spray.
- 2) Rub cod with 2 teaspoons oil. Sprinkle with pepper. Place on the prepared baking sheet.
- 3) Transfer to the oven and roast until the fish flakes easily with a fork, 15 to 20 minutes, depending on the thickness of the fillet.
- 4) Meanwhile, heat the remaining 1 teaspoon oil in a small skillet over medium heat. Add shallot and cook, stirring, until beginning to soften, about 20 seconds.
- 5) Add tomatoes and cook, stirring, until softened, about 1 1/2 minutes. Add olives and capers; cook, stirring, for 30 seconds more. Stir in oregano and vinegar; remove from heat.
- 6) Spoon the tapenade over the cod to serve.

