

Alaska Cod Niçoise-Style Salad

Prep Time: 45 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

14 oz. fresh or frozen whole thin green beans, trimmed, cooked crisp-tender and chilled

1 lb. (about 3 cups) small new red potatoes, quartered, cooked and chilled

1-1/2 cups small tomatoes (cherry or grape)

1 large red bell pepper, diced

2 cups prepared fat-free vinaigrette dressing, divided

6 to 8 oz. fresh spinach leaves

4 Alaska Cod fillets (4 to 6 oz. each), fresh, thawed or frozen

Salt and pepper, to taste

1/2 cup pitted Niçoise or black olives, sliced

Directions:

Add beans, potatoes, tomatoes, and bell pepper to a bowl; pour 1 cup vinaigrette over and toss. Cover and refrigerate. In another bowl, pour 1/2 cup vinaigrette over spinach; toss. Cover and refrigerate.

Preheat oven to 425°F.

Rinse any ice glaze from frozen Alaska Cod fillets under cold water; pat dry with paper towel. Place on spray-coated baking sheet. Bake frozen fillets for 12 to 15 minutes OR fresh/thawed fish for 8 to 10 minutes. Cook just until fish is opaque throughout. Season with salt and pepper.

Divide spinach among 4 dinner plates; top each plate with 1/4 of vegetables. Add seafood fillets and 2 tablespoons olives; spoon remaining vinaigrette over fish.

Nutrients per serving: 421 calories, 3g total fat, .4g saturated fat, 7% calories from fat, 52mg cholesterol, 31g protein, 64g carbohydrate, 8g fiber, 1419mg sodium, 139mg calcium and .3g omega-3 fatty acids.

Variation: Substitute Alaska Pollock or Sole fillets for Alaska Cod. Adjust cook time for smaller fillets if necessary.