



Wellnesssleuth Recipes

Enjoy your day with
delicious food

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COD CAPONATA

INGREDIENTS:

ingredients:

*¼ 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

*¼ c. green olives, pitted
and sliced*

¼ 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

- *Instructions*
- *1 Preheat oven to 400°F and line a large, rimmed baking sheet with parchment paper or a Silpat® baking mat. Set aside.*
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- *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.*
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- *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.*
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- *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.*
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DIRECTIONS: CONTINUED

- 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 preheated 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)
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- 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.
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- Transfer to individual serving plates and garnish with remaining parsley and almonds. Serve immediately with the cod fillets. Enjoy!



GRILLED
POLENTA
CROSTINI

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. [Click here](#)



EGG ROLL BOWLS

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! [Click here](#)



MIXED BERRY
SALAD WITH
RASPBERRY
VINAIGRETTE

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. [Click here](#)