





## INGREDIENTS

- 1 Pound Cod Fillets
- 6 Sprigs Fresh Thyme (finely chopped)
- 3 Sprigs Fresh Rosemary (finely chopped)
- 1 Teaspoon Dried Oregano
- 2 Teaspoons Fresh Parsley (chopped)
- 4 Cloves Garlic (minced)
- 1 Teaspoon Fresh Basil (chopped)
- 1 Teaspoon Lemon Zest
- 1 Tablespoon Fresh Lemon Juice
- 1 Tablespoon Sweet Chili Sauce
- ½ Teaspoon Salt
- ½ Teaspoon Black Pepper
- ¼ Cup Olive Oil
- 1¼ Cups Cherry Tomatoes (halved)
- 1 Cup Pitted Olives

## DIRECTIONS

1. Preheat your oven to 400°. Take a baking dish or a shallow oven-safe skillet and lightly coat the bottom with a little bit of olive oil.
2. In a small bowl, combine the finely chopped fresh thyme, finely chopped fresh rosemary, dried oregano, chopped fresh parsley, minced garlic and the chopped fresh basil. Next, add the bright lemon zest to this herb and garlic mixture.
3. In that same small bowl, add the lemon juice. Stir in the sweet chili sauce, then add the salt and black pepper. Finally, pour in the olive oil. Whisk everything together until it's well combined.
4. Dry your fish fillets with paper towels and place them into your prepared baking dish or skillet. Now, pour about half of the herb and garlic sauce mixture evenly over the fish fillets, ensuring each piece is well coated. Next, add the tomatoes and olives to the baking dish, scattering them around the fish. Drizzle the remaining sauce over the tomatoes and olives, making sure they are also well-coated.
5. Carefully place the baking dish into your preheated oven. Let the fish bake for approximately 12-18 minutes. Let the dish rest for a few minutes before serving.

## MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

## MEAL TYPE

-  Lunch/Supper

## YIELD

2 Cups Vegetables +  
12½ Ounces Cod

## PORTION SIZES

- Toddler:** ⅛ Cup Vegetables + 1 Ounce Cod
- Preschool:** ¼ Cup Vegetables + 1½ Ounces Cod
- School Age:** ½ Cup Vegetables + 2 Ounces Cod
- Adult:** ½ Cup Vegetables + 2 Ounces Cod