Italian Style Cod

Ingredients:
- 2 tbls olive oil
- 1 large onion, sliced thinly
- 2 cloves minced garlic
- 1 – 14.5 oz can Italian style tomatoes
- ½ cup black olives, sliced and drained
- 2 tbls chopped parsley
- ½ cup chicken stock
- 1 lb cod fillet

Directions:
1. In a skillet, heat oil over medium heat. Sauté onions and garlic until softened.
2. Stir in tomatoes, olives, parsley, and chicken stock. Simmer for 5 minutes.
3. Place cod in sauce. Simmer for an additional 5 minutes until fish turns white and flakes easily or internal temperature reaches 145 degrees F.

NUTRITION FACTS

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>228</td>
<td>10 g</td>
<td>43 mg</td>
<td>499 mg</td>
<td>13 g</td>
<td>3 g</td>
<td>23 g</td>
</tr>
</tbody>
</table>