



Braised Cod and Green Beans with Pesto

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 1 cod fillet with $\frac{1}{4}$ of the green beans and sauce

Ingredients

- 1 tablespoon olive oil
- 1 pound green beans, ends trimmed
- 2 medium shallots or 1 small onion, thinly sliced (about $\frac{3}{4}$ cup)
- 4 (4- to 6-ounce) cod fillets (about $1\frac{1}{4}$ pounds)
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $1\frac{1}{2}$ cups (12 ounces) low-sodium chicken or vegetable broth
- $\frac{1}{4}$ cup pesto (store-bought or homemade)
- 1 lemon, cut lengthwise into wedges (optional)

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the green beans and shallot. Cook, stirring occasionally, until the shallot starts to soften, about 1-2 minutes.
4. In a small bowl, mix together the salt and pepper and sprinkle both sides of each cod fillet with the mixture.
5. Spread the green beans into a flat layer in the pan and gently place the cod fillets on top.
6. Add the broth and bring to a boil over high heat.
7. Cover the pan with a lid and cook until the cod is cooked through and flakes easily with a fork, about 4-6 minutes.
8. With a slotted spoon or spatula, transfer the cod and green beans to a serving dish. Cover with foil to keep warm.
9. Continue to cook the broth over high heat, uncovered, until it is reduced to about $\frac{1}{2}$ cup, about 5-7 minutes.
10. Remove the pan from the heat and stir in the pesto.
11. Pour the sauce over the fish and green beans.
12. Garnish with lemon wedges if desired and serve warm.

Nutrition Facts Per Serving: Calories: 250 | Total Fat: 11 g | Saturated Fat: 2 g
Sodium: 460 mg | Total Carbohydrate: 16 g | Dietary Fiber: 5 g | Protein: 24 g

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs