



Baked Cod Casserole Provided by EatingWell.com



Dry white wine and Gruyère cheese give this fish casserole a rich flavor that hides its virtue. Before baking, we top the dish with seasoned whole-wheat breadcrumbs, which add a wholesome, nutty flavor and dietary fiber. For variety, you can substitute almost any mild white fish.

• **INGREDIENTS**

- 2 slices whole-wheat sandwich bread, crusts removed, torn into pieces
- 12 ounces lean ground turkey breast, (see Ingredient Note)
- 1 8-ounce ca sliced water chestnuts, rinsed and chopped
- 2 tablespoon hoisin sauce, (see Ingredient Note)
- 2 scallions, trimmed and sliced
- 1 tablespoon minced fresh ginger
- 2 cloves garlic, minced
- 1/4 teaspoon salt
- 1 1/2 teaspoons toasted sesame oil
- Sesame Mayonnaise, optional (recipe follows)

COOKING DIRECTIONS

Step 1: Preheat oven to 400°F.

Step 2: Heat 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Add onions and cook, stirring often, until just starting to soften, 5 to 7 minutes. Add wine, increase heat to high and cook, stirring often, until the wine is slightly reduced, 2 to 4 minutes.

Step 3: Place cod on the onions and sprinkle with thyme, salt and pepper. Cover the pan tightly with foil; transfer to the oven and bake for 12 minutes.

Step 4: Toss bread with the remaining 1 tablespoon oil, paprika and garlic powder in a medium bowl. Spread the bread mixture over the fish and top with cheese. Bake, uncovered, until the fish is opaque in the center, about 10 minutes more.

RECIPE TIPS

Ingredient note: Overfishing and trawling have drastically reduced the number of cod in the Atlantic Ocean and destroyed its sea floor. A better choice is Pacific cod (a.k.a. Alaska cod); it is more sustainably fished and has a larger, more stable population, according to Monterey Bay Aquarium Seafood Watch (mbayaq.org/cr/seafoodwatch.asp).

Serves 4 - Prep Time 20 min. - Total Time 40 min.



NUTRITION INFO

Per serving

Calories: 328 Carbohydrates: 17g Fat: 13g Protein: 29g Dietary Fiber: 4g Saturated Fat: 4g Monounsaturated Fat: 7g

Cholesterol: 69mg Potassium: 384mg Sodium: 474mg

Exchanges: 1 starch, 1 vegetable, 4 lean meat

Carbohydrate Servings: 1