



Fish with Spinach



Makes: 4 Servings

Total Cost: \$\$\$\$

Cook Time: 30 minutes

Cod fillets are pan-fried until golden brown and mixed with a rich tomato and spinach sauce for an easy seafood dish. Top with olives and serve with a favorite side for a quick meal.

Ingredients

- 1 tablespoon vegetable oil
- 1 pound skinless cod fillets
- 1 yellow onion (peeled and chopped into 1/4 inch pieces)
- 2 cloves garlic (peeled and minced)
- 2 cups canned low-sodium diced tomatoes (or fresh tomatoes)
- 1/2 cup water
- 2 cups frozen spinach (coarsely chopped)
- 1/4 cup Kalamata olives (or other Greek olives pitted and coarsely chopped)

Directions

1. Put the skillet on the stove over high heat. When it is hot, add 1 1/2 teaspoons oil.

2. Add fish. Cook about 5 minutes per side, until deeply browned. Remove the fish to the plate and cover.
3. Reheat the skillet to medium heat. Add the remaining 1 1/2 teaspoons oil, onion, and garlic. Cook about 7 minutes. Add tomatoes and water. Cook about 10 minutes, until the mixture thickens and turns from bright red to an orange color.
4. Return fish to skillet with the tomato mixture. Cover with spinach and sprinkle with olives. Cover skillet. Cook about 2 minutes over low heat until the spinach is steamed. Serve right away.

Notes

- Try this recipe with another white fish, such as tilapia, haddock, or catfish.
- Fresh tomatoes can be used instead of canned.

See how to make this [recipe](#) and more on USDA's [MyPlate Kitchen YouTube](#) site.

Learn more about:

- [Onions](#)
- [Garlic](#)
- [Tomatoes](#)
- [Spinach](#)

Source:

USDA Center for Nutrition Policy and Promotion

Nutrition Information

Serving Size: 4 ounces

Nutrients	Amount
Total Calories	194
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	47 mg
Sodium	255 mg
Carbohydrates	12 g
Dietary Fiber	6 g
Total Sugars	4 g
Added Sugars included	0 g
Protein	25 g
Vitamin D	1 mcg
Calcium	220 mg
Iron	4 mg
Potassium	777 mg

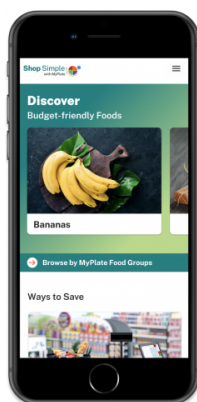
N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups



- Vegetables1 1/4 cups
- Protein Foods3 ounces



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