

## MEDITERRANEAN BAKED COD

### INGREDIENTS

1 1/2 pounds cod fillet, cut to 4 pieces  
1 large shallot chopped, coarsely  
3 cloves garlic crushed  
1 1/2 pounds cherry tomatoes, or 4 regular tomatoes, quartered  
1 medium zucchini, cut to 1 1/2 inch pieces  
2 tablespoons olive oil  
1 teaspoon Italian seasoning  
Salt and pepper to taste  
1/4 cup water  
4 tablespoons butter, cut to small pieces

### DIRECTIONS

Preheat the oven to 400F. Lightly grease a rectangular baking dish that will comfortably hold all your cod and veggies.

Rub the fish with olive oil and salt and pepper; set aside. Scatter the shallot, garlic, tomatoes and zucchini pieces in the pan. Nestle in the fish. Drizzle the remaining olive oil all over the ingredients in the dish. Sprinkle with Italian seasoning and season with additional salt and pepper. Pour the water into the dish. Scatter the butter evenly over the dish. Bake for 20-25 minutes, or until the tomatoes, zucchini and fish are cooked. Serve immediately over pasta or with crusty French bread.