



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Baked Cod with Simple Mango Salsa

Serves 12 / Serving size: 1 slice of cod + 2 tablespoons mango salsa

Ingredients:

12, 4-ounce wild-caught cod fillets (skinless)
1/2 teaspoon sea salt
1/2 teaspoon ground black pepper
2 tablespoons olive oil

Mango Salsa:

2 mangos (peeled and diced)
¼ cup red onion (finely chopped)
1 jalapeno pepper (minced)
¼ cup fresh cilantro leaves (chopped)
¼ cup fresh lime juice (~2-4 limes)



Directions:

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. Season cod with salt and pepper, and brush with oil. Place on baking sheet and bake for 8-10 minutes, or until cod is cooked to an internal temperature of 145°F. Do not overcook.
3. Prepare salsa: Place diced mango, red onion, jalapeno and cilantro in medium bowl. Toss with lime juice.
4. Serve each piece of cod with 2 tablespoons of salsa as “condiment.”

Nutrition Tips:

1. Homemade fruit salsa is an excellent nutritious topping for any fish/chicken/tofu dish in place of commercial condiments which commonly have excess amounts of added sugar and sodium (salt).

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.