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Saved by 67:

Get The Meal

Wegmans Ready

Mediterranean!

\$12.50 / ea (\$0.8

★★★★★ (12)

♀ Seafood

14 oz

What can we help you find?

Q

Bakery Dairy

Grocery **Produce Prepared Foods** Seafood Wine, Beer & Spirits More Departmen

/ Recipes / By Course / By Ingredient / Main Course / One Pan & Quick to Prep Meals / Seafood / Vegetables / Best Weeknight Seafood Recipes / Italian / Sheet Pan Mediterranean Cod with Artichokes & Spinach

Ready In: 35 mins

Prep: 10 mins

Servings: 4

Ingredients

1 container (11 oz) Wegmans Organic Baby Spinach

2 Tbsp Wegmans Organic Extra Virgin Olive Oil

Salt and pepper to taste

1 pkg (12 oz) Wegmans Just Picked Artichokes Hearts Halves & Quarters (Frozen Foods)

1/3 of a 3 oz jar Italian Classics Nonpareil Capers, drained

2 containers (4 oz each) Wegmans Lemon Butter Sauce (Seafood Dept)

4 (6 oz each) Wegmans Atlantic Cod Fillets

Lemon slices, for garnish

Nutrition Information

Nutrition Information is per serving

Protein	39.g
Added Sugar	1.g
Fiber	7.g
Carbohydrate	19.g
Sodium	640.mg
Cholesterol	105.mg
Saturated Fat	4.g
Fat	13.g
Calories	370.

Sheet Pan Mediterranean Cod with **Artichokes & Spinach**

 $\bigstar \bigstar \bigstar 5(9)$

Meat



Ingredients (6)

Wegmans Italian Classics Organic Olive Oil, Extra Virgin **\$7.99** / ea

Wegmans Frozen Halves & Quarters Artichoke Hearts **\$4.29** / ea

Wegmans Cod Atlantic Fillet

\$9.74 / ea



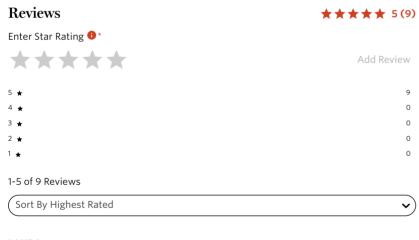




Directions

VIEW STEP BY STEP

- Preheat oven to 350 degrees. Add spinach to parchment paper-lined rimmed baking sheet. Drizzle evenly with oil; season with salt and pepper.
- 2. Top evenly with artichokes and capers. Pour sauce over vegetable mixture.
- 3. Top with cod; season with salt and pepper.
- Bake 20-25 min until internal temp of cod reaches 130 degrees (check temp by inserting thermometer halfway into thickest part of fish). Garnish with lemon slices.



LAURA

Reviews: 1

★★★★ 23 days ago

Love love love

Making it for the third time however I make my own lemon butter sauce because Wegmans never has it has it in stock.

Barbara

Reviews: 1

★★★★ 2 months ago

Easy and great fish dish

This fish is tasty, healthy and easy.

★★★★ 2 months ago **A Keeper**

Fast, easy, healthy, we loved it.

Reviews: 1

★★★★ 2 months ago

Beautiful dish

Fancy-looking, yet easy to prepare. Served with tartar sauce and a side of mini potatoes with butter and parmesan. Hubby says it's a keeper.

Kathleen

Reviews: 1

★★★★ 2 months ago

Excellent!

Made it this weekend. Fast, easy and very tasty!

5 more reviews

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