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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

★★★★★ 5 (9)



### 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



SAVE 8%

Saved by 67%

Get The Meal

Wegmans Ready, Mediterranean

Price  
\$12.50 / ea (\$0.81 / oz)  
14 oz

Seafood

★★★★★ (12)

Wegmans Italian Classics Capers, Nonpareil

**\$2.19** / ea



Wegmans Lemon Butter Sauce

**\$2.69** / ea



Lemons

**\$0.79** / ea



## Directions

[VIEW STEP BY STEP](#)

1. 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.
4. 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.

## Reviews

★★★★★ 5 (9)

Enter Star Rating ⓘ \*



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5 ★	9
4 ★	0
3 ★	0
2 ★	0
1 ★	0

1-5 of 9 Reviews

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### 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.

Reviews: 1

★★★★★ 2 months ago

### **A Keeper**

Fast, easy, healthy, we loved it.

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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!

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