

## Baked Cod with Vegetables

### Ingredients

|                                |                                     |                   |
|--------------------------------|-------------------------------------|-------------------|
| 2 lbs. frozen cod fillets      | 1/4 cup finely chopped green pepper | 1/2 tsp. basil    |
| 2 cups finely chopped tomatoes | 1 tsp. salt                         | 1/4 tsp. thyme    |
| 1/2 cup finely chopped onion   | 1/8 tsp. pepper                     | 1/4 tsp. tarragon |
|                                |                                     | 1/4 cup corn oil  |

### Instructions

*Preheat the oven to 475°F*

1. Thaw fish until fillets can be separated and arrange in a shallow greased baking dish.
2. Combine tomatoes, onion, green pepper, seasonings and oil, and spread on top of fish.
3. Bake 10 - 15 minutes at 475°F or until fish flakes.