

# Sicilian Cod

## Yield

4 servings (serving size: 5 ounces fish and 1/2 cup topping)

## Ingredients

- 2 1/2 teaspoons olive oil, divided
- 3 cups sliced onion
- 1/2 cup red bell pepper strips
- 2 tablespoons golden raisins
- 2 tablespoons balsamic vinegar
- 2 teaspoons brown sugar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 4 (6-ounce) cod fillets
- Olive oil-flavored cooking spray
- 1 tablespoon Italian-seasoned breadcrumbs
- 1/8 teaspoon salt

## Preparation

Preheat oven to 450°.

Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add onion and the next 6 ingredients (onion through pepper). Cover and cook 10 minutes or until onion is wilted, stirring occasionally. Set aside; keep warm.

Place fillets in a shallow baking dish coated with cooking spray. Brush fillets with 1/2 teaspoon oil; sprinkle with breadcrumbs and 1/8 teaspoon salt. Bake at 450° for 12 minutes or until fish flakes easily when tested with a fork. Serve the onion mixture with fish.

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