

## Nancy and Sam's Braised Cod and Vegetables

2 servings

### Ingredients

1½ tablespoons unsalted butter  
1 tablespoon olive oil  
1 large onion, thinly sliced  
½ red pepper, thinly sliced  
Six to eight small white mushrooms, thinly sliced  
¼ teaspoon dried thyme, crumbled  
1 bay leaf  
2 five to six ounce cod filets  
¼ cup vegetable broth

1. Melt butter and oil in heavy medium skillet over medium high heat. Add sliced onion and cook for about five minutes (starting to wilt).
2. Add red pepper and cook for an additional five minutes. Add mushrooms and cook for a few more minutes until vegetables are soft (stir frequently) and onions are golden.
3. Add dried thyme and bay leaf to skillet and cook for one minute.
4. Season cod filets with salt and pepper and place on top of vegetables.
5. Add broth and bring to simmer.
6. Reduce heat to medium-low. Cover skillet and braise cod filets until just cooked through, about 7 minutes. (Turn filets over carefully halfway through cooking).
7. Discard bay leaf (garnish with chopped fresh chives if desired).

Recipe by:

Nancy and Sam Raskin