

# Fish with Warm Sweet Potato Chopped Salad



## INGREDIENTS

- 2 (10-oz) packages frozen crusted cod
- 1 tablespoon canola oil
- 1 lb fresh sweet potato (or butternut squash) spirals
- 1/2 teaspoon kosher salt
- 1/2 teaspoon pepper
- 8 oz fresh snow peas
- 1 Asian chopped salad kit, 12–13 oz (cabbage, carrots, tree nuts, and sesame dressing)
- 1 lime, cut into wedges

## STEPS

1. Preheat oven to 375°F. Bake fish following package instructions.
2. Preheat large, nonstick sauté pan on medium-high 2–3 minutes. Add oil, spirals, salt, and pepper; cook and stir 2 minutes. Stir in peas; cook and stir 2–3 minutes or until vegetables are crisp-tender.
3. Stir in contents of salad kit; toss to coat. Cut lime into wedges. Divide vegetable mixture between 4 serving plates; top with fish and serve with a lime wedge.

## NUTRITIONAL INFORMATION

CALORIES (per 1/4 recipe) 460kcal; FAT 18.00g; SAT FAT 2.50g; TRANS FAT 0.00g; CHOL 50mg; SODIUM 910mg; CARB 45g; FIBER 3.00g; SUGARS 13g; PROTEIN 28g; CALC 10%; VIT A 0%; VIT C 0%; IRON 15%