

## **Quick Pacific Cod and Shrimp Cioppino**

Jim Romanoff - For The Associated Press  
Palm Beach Post

**Servings: 6**

**Preparation Time: 30 minutes**

**1 tablespoon olive oil**  
**1 medium red onion, diced**  
**1 red bell pepper, cored and diced**  
**1 green bell pepper, cored and diced**  
**2 cloves garlic, minced**  
**1 jar (25 oz) marinara sauce**  
**1 bottle (8 oz) clam juice**  
**2/3 cup dry white wine**  
**pinch red pepper flakes (or to taste)**  
**1/4 teaspoon dried basil**  
**1/4 teaspoon dried oregano**  
**3/4 pound medium to large raw shrimp, peeled and deveined**  
**1/4 cup fresh flat-leaf parsley, plus more for garnish, chopped**

In a large skillet or saucepan over medium-high, heat the oil. Add the onion and both peppers, then saute' until softened, about 5 minutes. Add the garlic and cook another minute.

Stir in the marinara sauce, clam juice, wine, red pepper flakes, basil and oregano. Simmer, uncovered, for 10 minutes.

Add the cod and simmer for 5 minutes.

Add the shrimp and parsley and simmer until the shrimp are opaque and cooked through, about another 3 minutes.

Serve immediately, garnished with a sprinkle of chopped parsley.

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Per Serving (excluding unknown items): 84 Calories; 3g Fat (41.6% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 175mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Fat.