



NUTRITION PER SERVING:

CALORIES 600
PROTEIN 16.2 G
CARBOHYDRATE 5 G
TOTAL FAT 6 G

PREP TIME: 5 MINUTES
COOK TIME: 10 MINUTES

YIELD: 4 SERVINGS
SERVING SIZE: 1 PORTION

INGREDIENTS:

- 4 PORTIONS** COD FISH
- ½ TSP** SALT
- ¼ TSP** BLACK PEPPER
- ¼ C** SOFTENED BUTTER
- 2 TBSP** FRESHLY GRATED PARMESAN CHEESE
- 1 TBSP** ALL-PURPOSE FLOUR
- 3 CLOVES** GARLIC MINCED
- 1 TSP** DRIED BASIL
- ½ TSP** ONION POWDER
- 1 TSP** DIJON MUSTARD
- 1** LEMON JUICED

ADDITIONAL LEMON SLICES OR WEDGES FOR SERVING



BAKED LEMON COD

SUPER QUICK AND EASY BAKED COD FISH IS SMOTHERED IN A LEMON GARLIC PARMESAN MIXTURE. THIS MAKES FOR AN EASY AND DELICIOUS DINNER THAT EVEN YOUR KIDS WILL LOVE!

- 01 Preheat oven to 400 degrees F and lightly grease a 9x13 baking dish.
- 02 Lay cod fish filets out in the prepared baking dish. Season fish with salt and pepper.
- 03 In a small bowl, stir together the butter, parmesan, flour, garlic, basil, onion powder, dijon mustard, and lemon juice.
- 04 Top each fillet with a large spoonful of the butter mixture.
- 05 Bake in the preheated oven for about 10 minutes. Actual cooking time will depend on the thickness of your fish. The fish is done when it flakes easily with a fork.

