

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.

