BODYELITEFIT

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!

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

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.

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