

# Parmesan Crusted Cod

## Parmesan Crusted Cod



4 servings, 4 FSP per serving

adapted from Kristi at Planning Us Healthy on YouTube

- 24 ounces cod
- 1/2 cup seasoned breadcrumbs
- 2 cloves garlic (finely minced)
- 1 ounce Parmesan cheese (grated)
- 2 teaspoons olive oil
- 1 lemon, juiced
- salt and pepper to taste
- 2 Tbsp dijon mustard

1. Pat fish completely dry with paper towels. Salt and pepper fish on both sides.
  2. Place fish on a baking sheet sprayed with non stick spray. Brush dijon mustard over the fish.
  3. Mix together breadcrumbs, garlic, Parmesan cheese, olive oil, lemon juice, salt and pepper. Press breadcrumb mixture evenly over fish pieces, press into the mustard. Spray tops with olive oil spray.
  4. Bake cod @425 for 10-13 minutes. When done, it should flake easily with fork.
-

# Hassleback Chicken Cordon Blue

## Hassleback Chicken Cordon Blue



Serves 4, 5 FSP per serving  
adapted from [Basilandbubbly.com](http://Basilandbubbly.com)

- 4 boneless, skinless chicken breasts
- 4 tsp light mayonnaise
- 4 Tbsp seasoned breadcrumbs
- 1/2 tsp salt
- 1/4 tsp pepper
- 8 slices Sargento Ultra Thin Swiss Cheese
- 8 ounces imported deli ham (sliced medium (about 8 slices))

1. Preheat oven to 350 degrees.
2. Pat each chicken breast dry. Place chicken breast horizontal on the cutting board and make 5 vertical cuts in it, from the top to the bottom, being careful not to slice all the way through the bottom. You are essentially creating “pockets” to stuff the cheese and ham in.
3. Spread 1 tsp of mayonnaise over each chicken breast. Mix the breadcrumbs, salt and pepper. Press 1 Tbsp of the breadcrumb mixture into the mayonnaise on top of each chicken breast.
4. Cut ham and cheese into pieces. Use 2 slices of cheese and 2 slices of ham for each chicken breast. Stuff ham and cheese into each slit you cut in the breast. This

part is messy – no worries.

5. Bake for 20-25 minutes or until chicken is cooked through to at least 165 degrees F. Cooking time depends on the thickness of your chicken breasts.