

Lemon Dill Baked Cod

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Recipe adapted from Bonita's Kitchen

Serves 6

Blue – 1 point

Purple – 1 point

Green – 1 point + the points for the amount of fish you use

- 6 Pieces cod fillets boneless, skinless
- 1 medium white onion
- 4-5 stems fresh dill (can used dried but fresh is preferred)
- 2-3 lemons
- sea salt
- white pepper
- onion powder
- 2 cloves fresh garlic
- 1 cup vegetable broth
- 2 Tbsp light butter

1. Preheat oven to 375
2. Peel and slice onion and place in the bottom of a 9×13 pan
3. Layer cod fillets over top and season with sea salt, pepper and grated garlic, fresh or ground dill and

slices of lemon with peel, add butter.

4. Add one cup of vegetable broth or stock and cover with a lid or foil wrap.
5. Bake in a 375 degree oven for 30-40 minutes or until fish is cooked through and flakes easily with a fork. Cooking time will depend on the thickness of your fillets. If they are thin, reduce the time.
6. Serve with some chopped fresh dill and fresh lemon if desired. Spoon pan sauce on top.