

Parmesan Crusted Cod

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Serves 4

Blue – 3 points

Purple- 3 points

Green – 5 points

- 4 4-6 ounce cod filets, patted dry
- 1/4 cup light mayonnaise
- 2 Tbsp chopped fresh parsley
- fresh ground pepper to taste

1. Preheat oven to 400
2. In a bowl mix together mayo, cheese, parsley and pepper
3. Spread mayo mixture evenly over cod filets
4. Place cod on a parchment lined baking sheet
5. Bake for about 12-15 minutes until fish flakes easily. Then switch oven to broil and broil for about 2-3 minutes – keep an eye on it, it can burn quickly!

Main Course

Seafood

fish

