

Parmesan Crusted Cod

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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.