



Crispy Baked Cod

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: 1 cod fillet

Ingredients

Nonstick cooking spray
4 (4-ounce) cod fillets
1 egg
3 tablespoons cornmeal
3 tablespoons whole wheat flour
1 tablespoon grated parmesan cheese
1 teaspoon garlic powder
1 teaspoon paprika
½ teaspoon dried dill
½ teaspoon ground black pepper

Directions

1. Preheat the oven to 375°F. Spray a baking sheet with nonstick cooking spray or line with parchment paper and set aside.
2. Pat the cod dry with paper towels.
3. Crack the egg into a shallow dish and beat lightly with a fork. Set aside.
4. In another shallow dish, combine the cornmeal, flour, parmesan, garlic powder, paprika, dill, and black pepper. Set aside.
5. One fillet at a time, dip the cod in the beaten egg and then dip in the cornmeal mixture, covering both sides. Shake off any excess coating and lay the breaded cod on the prepared baking sheet.
6. Bake until the cod flakes easily with a fork and is golden-brown (minimal internal temperature of 145°F), about 10-15 minutes.
7. Serve right away.

Recipe Notes

- Substitute other mild flavored white fish for the cod if desired.

**Nutrition Facts Per Serving: Calories: 145 | Total Fat: 2 g | Saturated Fat: 0.5 g
Sodium: 635 mg | Total Carbohydrate: 11.5 g | Dietary Fiber: 1 g | Protein: 19.5 g**

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