

## Crispy Baked Cod (Copy)

This 30-minute cod is baked, not fried, but still has a satisfyingly crispy, crunchy crust. Try baked white potatoes or sweet potatoes, cooked in the microwave to save time, on the side.

🕒 Preparation 15 minutes   🕒 Total 15 minutes   4 portions

### Ingredients

or	or
2 tablespoons unsalted butter	1 tablespoon Dijon mustard
or	or
1 clove garlic, minced	1 tablespoon reduced-fat mayonnaise
or	or
1/2 cup panko or regular bread crumbs	4 skinless 1 1/2-inch thick cod fillets, about 6 oz. each
or	or
2 tablespoons minced fresh parsley	Salt & Pepper to taste
or	
1 teaspoon finely grated lemon zest	

### Cooking method

1

Preheat oven to 350°F. In a small skillet over medium-low heat, melt butter. Add garlic and cook, stirring, until fragrant, 30 seconds. Add bread crumbs, stir to coat with butter, then cook, stirring frequently, until light golden brown, about 5 minutes. Remove from heat and stir in parsley and lemon zest. Let cool. Combine mustard and mayonnaise in a small bowl.

2

Rinse fish and pat dry. Sprinkle each fillet lightly with salt, then place on a rimmed, foil-lined baking sheet and brush with mustard mixture. Press 1/4 of crumbs onto each fillet.

3

Transfer baking sheet to oven and bake until fish is no longer translucent (cut to test) and flakes easily, 10 to 15 minutes. If crumbs aren't sufficiently browned, broil fish 2 inches from heating element until crumbs are crisp and dark golden brown (watching carefully to prevent burning), 2 minutes longer. Serve immediately.

4

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