



BOD BY TODD

Fitness Coaching

"Don't Be Average, Be Fit"

NUTRITION PER SERVING:

CALORIES	600
PROTEIN	16.2 G
CARBOHYDRATE	5 G
TOTAL FAT	6 G

PREP TIME:	5 MINUTES
COOK TIME:	10 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 PORTION

INGREDIENTS:

4 PORTIONS	COD FISH
½ TSP	SALT
¼ TSP	BLACK PEPPER
¼ C	SOFTENED BUTTER
2 TBSP	FRESHLY GRATED PARMESAN CHEESE
1 TBSP	ALL-PURPOSE FLOUR
3 CLOVES	GARLIC MINCED
1 TSP	DRIED BASIL
½ TSP	ONION POWDER
1 TSP	DIJON MUSTARD
1	LEMON JUICED

ADDITIONAL LEMON SLICES OR WEDGES FOR SERVING



BAKED LEMON COD

SUPER QUICK AND EASY BAKED COD FISH IS SMOTHERED IN A LEMON GARLIC PARMESAN MIXTURE. THIS MAKES FOR AN EASY AND DELICIOUS DINNER THAT EVEN YOUR KIDS WILL LOVE!

- 01 Preheat oven to 400 degrees F and lightly grease a 9x13 baking dish.
- 02 Lay cod fish filets out in the prepared baking dish. Season fish with salt and pepper.
- 03 In a small bowl, stir together the butter, parmesan, flour, garlic, basil, onion powder, dijon mustard, and lemon juice.
- 04 Top each fillet with a large spoonful of the butter mixture.
- 05 Bake in the preheated oven for about 10 minutes. Actual cooking time will depend on the thickness of your fish. The fish is done when it flakes easily with a fork.

