

Perfect Ten Baked Cod



Simple, fast, and delicious describes this baked cod recipe. Bake for two sets of 10 minutes each and you have the perfect ten dinner! This recipe was a favorite request from a local restaurant. They closed after years in business and we are happy to share a version of their most requested recipe. I serve this with rice pilaf and fresh spinach that has been lightly seared in olive oil and garlic. Yummy!

By Pam

Cook: 25 mins

Total: 35 mins

Prep: 10 mins

Servings: 4

Yield: 4 servings



Ingredients

4 tablespoons butter, divided
½ sleeve buttery round crackers
(such as Ritz®), crushed
1 pound thick-cut cod loin
½ medium lemon, juiced
¼ cup dry white wine
1 tablespoon chopped fresh
parsley
1 tablespoon chopped green
onion
1 medium lemon, cut into
wedges

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place 2 tablespoons butter in a microwave-safe bowl. Melt in the microwave on high, about 30 seconds. Stir buttery round crackers into melted butter.

Place remaining 2 tablespoons butter in a 7x11-inch baking dish. Melt in the preheated oven, 1 to 3 minutes. Remove dish from oven.

Coat both sides of cod in melted butter in the baking dish.

Bake cod in the preheated oven for 10 minutes. Remove from oven; top with lemon juice, wine, and cracker mixture. Return to the oven and bake until fish is opaque and flakes easily with a fork, about 10 more minutes.

Garnish with parsley and green onion and serve with lemon wedges.

Nutrition Facts

Per Serving: 280 calories; protein 20.9g; carbohydrates 9.3g; fat 16.1g; cholesterol 71.5mg; sodium 282.3mg

10.1g, cholesterol 71.5mg, sodium 202.5mg.

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