

# Herb Crusted Baked Cod



~ Cod – a mild-flavored saltwater fish – is a good candidate for grilling, too! Wrap the stuffing-coated fillets in aluminum foil and grill until firm and opaque throughout, about 5 minutes on each side. ~

Servings: 4  
Prep Time: 5 minutes  
Bake or Grill: 10 minutes

## **Ingredients**

- 3/4 cup herb flavored stuffing
- 4 cod fillets, each 4 oz
- ¼ C honey

## **Preparation**

1. Preheat the oven to 375°F. Lightly coat a 9x13 baking pan with cooking spray.
2. Place stuffing in a sealed bag. Crush until it has a crumb texture.
3. Brush the fillets with honey. Discard any remaining honey. Place a fillet in the bag of stuffing crumbs. Shake the bag gently to coat the cod evenly. Place the fillet on the baking dish and repeat with the remaining fillets.
4. Bake until the fish is opaque throughout when tested with the tip of a knife, about 10 minutes. Serve immediately.

**Servings per Recipe: 4    Serving size: 1 fillet**

Nutrition (per serving): 169 calories, 1g total fat (<1g saturated fat), 49mg cholesterol, 162mg sodium, 18g carbohydrates, 1g fiber, 21g protein

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