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DIET CENTER

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BAKED COD WITH LEMON

Basic Lifestyle

Ingredients

1 cod fish fillet (6 oz.)
2 lemon slices
1 TSP margarine, softened
1 STP fresh parsley
dash of white pepper
dash of paprika

Instructions

1. Preheat oven to 375°.
2. Spray baking pan with Pam. Place fish in pan. Sprinkle with pepper and paprika.
3. Top the fish fillet with 2 lemon slices. Bake 8-10 minutes.
4. Transfer the fish to a preheated broiler. Cook 3 minutes or until lemon is slightly browned at edges.
5. Top the fish fillet with 1 TSP margarine, and allow to melt.
6. Sprinkle the fish fillet with 1 TSP of chopped parsley and serve.

Portion-Per-Serving Information (Yields 1 serving): 1 fish fillet = 1 P