



CREOLE COD

Basic Lifestyle

Ingredients

2 TSP olive oil
2 TSP Dijon mustard
1/2 TSP salt
1/2 TSP Creole seasoning blend (such as Spice Island)
4 (6 oz.) Cod fillets (about 1 inch thick)
Cooking spray
1 TBS fresh lemon juice
Chopped fresh parsley (optional)

Instructions

1. Preheat oven to 400°.
2. Combine first 4 ingredients. Brush evenly over fish.
3. Place fish on a foil-lined baking sheet coated with cooking spray. Bake at 400° for 17 minutes or until fish flakes easily when tested with a fork. Drizzle juice evenly over fish. Garnish with parsley, if desired.

Portion-Per-Serving Information (Yields 4 servings): Serving = 1 fillet + 1/2 cup relish = 1 P