



## BAKED COD W/LEMON, GARLIC & HERBS

Basic Lifestyle

### INGREDIENTS

4 (3/4-inch-thick) skinless cod fillets (6 to 8 ounces each)  
Kosher salt  
Freshly ground black pepper  
4 TBS olive oil, divided  
2 medium lemons  
4 cloves garlic, thinly sliced  
4 sprigs fresh rosemary, thyme, or a combination  
1/4 cup loosely packed chopped fresh tender herbs, such as parsley, basil, or dill

### INSTRUCTIONS

—Arrange a rack in the middle of the oven and heat to 400°F. Pat fish dry with a paper towel and generously season all over with salt and pepper.

—Pour 2 TBS olive oil in baking dish large enough to fit the fillets in one layer; tilt the dish to evenly coat.

—Thinly slice 1 1/2 lemons, remove any seeds, and set aside the remaining half. Place the lemon slices in the dish, overlapping slightly if needed, and top with garlic and herb sprigs.

—Lay the fillets in the dish, drizzle with remaining olive oil, and bake until the fish is opaque and flakes easily, 15 to 20 minutes.

—Remove from the oven, sprinkle with chopped herbs, squeeze remaining lemon half over the top, and serve in shallow bowls with the cooked lemon slices and broth that accumulates.

**SERVING INFO:** (Serves 4): 1 fillet = 1 P

See photo of recipe at [Instagram](#) and [Facebook](#).