



## CREOLE COD

Basic Lifestyle

### **INGREDIENTS**

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

### **INSTRUCTIONS**

—Preheat oven to 400°.

—Combine first 3 ingredients. Brush evenly over fish.

—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 lemon juice evenly over fish. Garnish with parsley, if desired.

**SERVING INFO:** (Yields 4 servings):

Serving = 1 fillet = 1 P

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