



Cut at the line for a 4x6 Recipe Card

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Baked Cod

(Dinner, None)

Ingredients:

- 1 cup seasoned stuffing croutons, crushed
- 1 tbsp minced fresh parsley
- 2 (6 oz) fillets cod
- 1 tbsp reduced-fat ranch salad dressing
- Refrigerated butter-flavoured spray

Directions:

In a shallow bowl, combine the crushed croutons and parsley. Brush cod with salad dressing, then coat with crumb mixture. Spritz with butter-flavored spray. Place in a large, deep baking dish coated with nonstick cooking spray. Bake, uncovered, at 400°F for 10-15 min. or until fish flakes easily with a fork.

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