



Cut at the line for a 4x6 Recipe Card

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Baked Cod Casserole

(Dinner, None)

Ingredients:

- 3 tbsp butter or margarine
- 4 tbsp white flour
- 2 cups 2% milk (or 1 cup of 2% and 1 cup of can milk)
- 1 tsp salt
- 1 tsp pepper
- 1/4 cup grated Parmesan cheese
- 2 1/2 cups grated cheddar cheese
- 2 lbs fresh cod fish
- 5 medium potatoes, cut in 1/2 inch cubes

Directions:

On the stovetop, melt butter and blend in flour. Add milk, reduce heat and simmer, stirring frequently until mixture thickens. Add salt and pepper. Add Parmesan cheese and 1 cup of the cheddar cheese. In a separate pot, boil fish in water for 8 minutes or until fish starts to flake apart; remove from heat and drain off water. In another pot, boil potatoes for 5 minutes; potatoes should still be somewhat hard. Mix the contents of all three pots together, spread in a 9" x 11" dish and cover with remaining cheese. Bake at 375F for 25-35 minutes.

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