

# FUSION

## FITNESS STUDIO

### NUTRITION PER SERVING:

<b>CALORIES</b>	600
<b>PROTEIN</b>	16.2 G
<b>CARBOHYDRATE</b>	5 G
<b>TOTAL FAT</b>	6 G

<b>PREP TIME:</b>	5 MINUTES
<b>COOK TIME:</b>	10 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	1 PORTION

### INGREDIENTS:

<b>4 PORTIONS</b>	COD FISH
<b>½ TSP</b>	SALT
<b>¼ TSP</b>	BLACK PEPPER
<b>¼ C</b>	SOFTENED BUTTER
<b>2 TBSP</b>	FRESHLY GRATED PARMESAN CHEESE
<b>1 TBSP</b>	ALL-PURPOSE FLOUR
<b>3 CLOVES</b>	GARLIC MINCED
<b>1 TSP</b>	DRIED BASIL
<b>½ TSP</b>	ONION POWDER
<b>1 TSP</b>	DIJON MUSTARD
<b>1</b>	LEMON JUICED

ADDITIONAL LEMON SLICES OR WEDGES FOR SERVING



## BAKED LEMON COD

SUPER QUICK AND EASY BAKED COD FISH IS SMOTHERED IN A LEMON GARLIC PARMESAN MIXTURE. THIS MAKES FOR AN EASY AND DELICIOUS DINNER THAT EVEN YOUR KIDS WILL LOVE!

- 01 Preheat oven to 400 degrees F and lightly grease a 9x13 baking dish.
- 02 Lay cod fish filets out in the prepared baking dish. Season fish with salt and pepper.
- 03 In a small bowl, stir together the butter, parmesan, flour, garlic, basil, onion powder, dijon mustard, and lemon juice.
- 04 Top each fillet with a large spoonful of the butter mixture.
- 05 Bake in the preheated oven for about 10 minutes. Actual cooking time will depend on the thickness of your fish. The fish is done when it flakes easily with a fork.

