

Breaded Cod

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Breaded Cod is a light and healthy dinner perfect for any seasons. Tender cod fillets are breaded and baked until crispy and moist. The simple fish dish can be served with salad, bread, and wine for a truly decadent meal, or with a side of homemade sweet potato fries for a simple yet hearty weekday dinner.

Ingredients:

2 Tbsp vegetable oil
2 Tbsp water
1 envelope Italian salad dressing mix
2 c. crushed stuffing mix
4 (6 oz) cod fillets

Directions:

1. Preheat oven to 425 degrees. Grease baking sheet and set aside.
2. In small bowl combine oil, water, and salad dressing mix. Whisk until well combined.
3. Place stuffing mix in another bowl.
4. Dip fillets in salad dressing mixture, then dredge in stuffing. Place on baking sheet and back for 15-20 minutes or until fish flakes easily with a fork.

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