

Pretzel Crusted Cod with Fruit Sauce

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Crispy, flavorful cod is served with a sweet, tangy fruit sauce for a healthy and easy weeknight meal that will have everyone at the table cleaning their plate! Tender cod is coated with delicious pretzels and sauteed until golden brown before being served with an apricot puree sauce and garnished with fresh parsley. This dish only takes 20 minutes and a few ingredients, but is bursting with flavor and healthy goodness.

Ingredients:

1/3 c. salad dressing
1 tsp salt
4 oz pretzels
4 (4 oz) cod fillets
2 Tbsp olive oil
2/3 c. apricot preserves
1 Tbsp dijon mustard
4 Tbsp half-and-half
2 Tbsp parsley, minced

Directions:

1. In small bowl combine salad dressing and salt. Whisk to combine and set aside.
2. Pulse pretzels in food processor until finely chopped and place in shallow dish.
3. Dredge each fish fillet in salad dressing and coat with pretzels. Repeat for all four fillets and set aside.
4. In large skillet heat oil over medium heat. Saute fish, cooking 3-4 minutes per side or until golden brown and cooked through. Serve warm.
5. In small saucepan combine apricot preserves, Dijon mustard, and half-and-half. Whisk together over medium-high heat until sauce is creamy and slightly thickened. Serve over fish and garnish with fresh parsley.

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