

Sesame Cod

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Fresh cod fillets are coated with sesame seeds and broiled for an easy and healthy fish dinner that makes a hearty entree any night of the week. The simple and flavorful fish dish can be served with salad, hearty vegetables, and a glass of wine for a delicious and simple meal that can help you trim your waistline while entertaining guests.

Ingredients:

1 ½ lb cod fillets
1 tsp butter, melted
1 tsp lemon juice
1 tsp dried tarragon
1 pinch ground black pepper
1 Tbsp sesame seeds

Directions:

1. Preheat the broiler of your oven and set the oven rack 6 inches from the heat source. Line broiler pan with aluminum foil and set aside.
2. Place cod fillets and brush with butter. Season with lemon juice, tarragon, and pepper. sprinkle liberally with sesame seeds.
3. Broil fish until flesh turns opaque and white and the flesh flakes easily, approximately 10 minutes. Serve hot, drizzled with additional lemon juice if desired.

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