Dinner

Broiled Cod with Lemon Parmesan Topping

Tender cod filets are spread with a creamy lemon and paprika mixture, finished with a sprinkle of Parmesan cheese, and cooked under a hot broiler.



Gluten free | Nut free

15 min	130	2 g	1 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 3 tbsp light mayonnaise
- [ ] 1/2 lemon juice
- [ ] 1/2 tsp paprika
- [ ] 1 tsp parsley (dried)
- [ ] 1/4 tsp black pepper
- [ ] 4 whole cod filets (about 1 pound total)
- [ ] 1 tbsp Parmesan cheese (grated)

Method

1. Turn on the broiler to preheat and coat a baking sheet or broiler pan with nonstick cooking spray.
2. Stir the light mayonnaise, lemon juice, paprika, parsley, and black pepper together in a small bowl until smooth.
3. Set the cod filets on the pan and spread the mayonnaise mixture evenly over each one.
4. Scatter the grated Parmesan cheese over the tops of the filets.
5. Broil the filets for 8-10 minutes.

Nutrition Facts

Per serving

Calories	130
Total fat	4.5 g
Saturated fat	1 g
Sodium	220 mg
Total carbs	2 g
Fiber	0 g
Total sugars	1 g
Protein	21 g

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