

# Lemony Baked Cod

## Ingredients

- 4 (6-ounce) pieces Wild Cod (boneless, skinless)
- Sea salt to taste
- Freshly ground black pepper (to taste)
- 2 teaspoons unsalted butter
- 2 tablespoon olive oil
- 2 cloves garlic (crushed)
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons chopped parsley
- 2 tablespoons freshly grated parmesan cheese (optional)

## Directions

1. Preheat the oven to 400 F. Very lightly coat the bottom of a baking dish large enough to hold the fish in one layer with cooking spray
2. Pat the cod pieces with a paper towel and place them in the baking dish.
3. Season the fish with a little sea salt and freshly ground black pepper.
4. Place the butter and olive oil in a small nonstick skillet. Heat on medium-low. Add the garlic and sauté for 1 minute. Remove from heat. Add the lemon juice and parsley and parmesan cheese.
5. Top each fillet with a large spoonful of the butter mixture.
6. 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.