

## Easy Baked Cod With Butter & Garlic

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*Cod is a versatile, white, firm fleshed fish that comes from Iceland. It can be baked, fried, sauteed or quickly braised in sauce. This recipe contains fresh ingredients such as finely chopped parsley, minced garlic, and paprika. Top it off with some fresh lemon wedges for the ultimate quick and delicious dinner meal!*

**Yield:** 4 servings

**Serving Size:** 4 oz. filet

### Ingredients:

- 4 Tbsp butter (room temperature)
- 2 Tbsp olive oil
- 4 cloves garlic, peeled and minced
- 1/4 tsp paprika
- 1/4 tsp salt
- 2 Tbsp finely chopped parsley
- 1 lb. cod (cut into 4 oz. filets)
- 1 fresh lemon

### Instructions:

1. Preheat the oven to 400° F. Grease a small sheet pan or baking dish with oil or pan spray. In a small bowl, combine the butter, olive oil, garlic, paprika, salt, and chopped parsley. Stir until the consistency is a smooth paste.
2. Add the cod filets to a baking dish or sheet pan and spread the garlic butter mixture evenly on top each fish fillet.
3. Cut half the lemon into slices and add the lemon slices on top of each fish fillet. Cut the remaining 1/2 lemon into wedges for serving.
4. Bake the cod for 15-20 minutes, or until it flakes easily with a fork and the internal temperature reaches 145° F.
5. Spoon any juices from the bottom of the pan over the fish. Serve the cod immediately with the remaining fresh lemon wedges.

Per Serving: Calories 253 kcal, Carbohydrates 2.5 g, Protein 20.4 g, Sat Fat 8.2 g, Sodium 127.1 mg, Added Sugars 0 g

This recipe was taken from <https://www.budgetbytes.com/garlic-butter-baked-cod/>