

Almond Topped Baked Cod

Ingredients:

- 1 pound Cod fillet, cut into 4 pieces
- 2 Tbsp fresh dill weed (or 1 tsp dried)
- 4 tsp margarine, melted
- 4 tsp fresh lemon juice
- 1 tsp crushed garlic
- 2 Tbsp sliced almonds, toasted

Directions:

1. Preheat oven to 425°F.
2. Spray nonstick cooking spray into a baking dish and arrange fish in a single layer.
3. In a small bowl, mix the dill, margarine, lemon juice, and garlic. Pour over fish.
4. Bake until the fish flakes easily with a fork; about 10 minutes.
5. Serve topped with almonds.

**Note: Almonds can be toasted prior to using them over high heat or baked at 450°F, until golden (about 2 minutes).

For Our Program:

Nutrition Information:

Servings = 4

Carbohydrates per serving = 1.1g