

Easy Lemon Garlic Cod

Prep Time 5 mins
 Total Time 30 mins
 Meal Type Lunch, Dinner
 Contributed By



Source Living Plate Teaching Kitchen

Servings 4



Ingredients

lb,c g,ml

- 2 lemons
- 2 cloves garlic, *minced or pressed*
- 1/4 cups olive oil
- 1 1/2 lb cod, *cut into equal filets*
- 2 Tbs parsley, fresh, *chopped*

Directions

Prep

1. Preheat oven to 400° F.
2. Slice one lemon into rounds and squeeze the juice from the other.
3. Mince or press garlic.

Make

1. Whisk together lemon juice, garlic, and olive oil. Pour into a glass baking dish large enough to accommodate cod filets.
2. Pat cod dry and season with salt and pepper. Add to the dish, flipping once to coat all sides with lemon garlic mixture.
3. Place lemon rounds on top of fish filets and bake for about 20–25 minutes or until the cod is cooked through and flaky.
4. Place on plates and drizzle with pan juices before serving. Sprinkle with fresh parsley.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	224	Total Fat 13.6g	20%	Total Carbohydrates 5g	1%
		Saturated Fat 1.9g	9%	Dietary Fiber 1g	5%
		Trans Fat 0.0g		Total Sugars 1g	
		Cholesterol 0mg	0%	Protein 22g	
		Sodium 2mg	0%		
Vitamin D 0mcg 0% · Calcium 16mg 1% · Iron 0mg 2% · Potassium 75mg 1%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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