



Lemon Dill Crusted Cod

4 servings

Prep Time: 5 minutes Cook Time: 15 minutes

1/4 cup Hellmann's® or Best Foods® Light Mayonnaise

1 Tbsp. chopped fresh dill

1 Tbsp. grated lemon peel

1 -lb. cod fillet

1/4 cup seasoned panko bread crumbs

Preheat oven to 425°.

Combine Hellmann's® or Best Foods® Light Mayonnaise, dill and lemon peel. Arrange cod on baking sheet. Evenly top with Mayonnaise mixture, then sprinkle with bread crumbs.

Bake 15 minutes or until cod flakes with a fork and topping is lightly browned.

TIP: Also terrific with chopped fresh parsley!

Nutritional Information 1 serving :

Calories 140 , Calories from Fat 35 , Total Fat 4 g, Saturated Fat .5 g, Trans Fat 0 g, Cholesterol 50 mg, Sodium 220 mg, Total Carbs 5 g, Dietary Fiber 1 g, Sugars 1 g, Protein 21 g, Vitamin A 2 % , Vitamin C 6 % , Calcium 2 % , Iron 4 %