

Lemon-Caper Baked Cod

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Servings: 4

Start to Finish Time: 20 minutes

1/4 cup butter, cubed

2 tablespoons lemon juice

1/4 teaspoon garlic pepper blend

1/4 teaspoon grated lemon peel

2 tablespoons capers, drained

4 6-ounce cod or haddock fillets

1/2 teaspoon seafood seasoning

1 tablespoon feta cheese, crumbled

Preheat oven to 425 degrees.

In a small microwave-safe bowl, combine the butter, lemon juice, garlic pepper and lemon peel.

Microwave, uncovered, on high for 45 to 60 seconds or until the butter is melted.

Stir in the capers.

Place the cod in an ungreased 13x9-inch baking dish. Sprinkle with seafood seasoning.

Spoon the butter mixture over the fillets.

Sprinkle with the cheese.

Bake, uncovered, for 10 to 15 minutes or until the fish flakes easily with a fork.

Per Serving (excluding unknown items): 110 Calories; 12g Fat (95.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 33mg Cholesterol; 182mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.