

## [BROILED COD FISH RECIPE](#)



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### **Broiled Cod Recipe Taste of Home**

I made this last night and it was a hit with my fish loving husband. I'm not much of fish eater, but I thought it was good as well. I had two cod fillets in the freezer, but wanted to make enough for leftovers as well. I couldn't find cod at the store, so I bought flounder fillets. We both think the marinade was even better with the flounder.

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### **Broiled Cod Fish Broiled Cod Fish Recipes Broiled Cod Fillets**

Cod is a popular white fish that is meaty and contains very few bones. It's a versatile fish that can be cooked in a number of ways that include pan-frying, broiling, and poaching.

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### **Broiled Cod diabetesfoodhub org**

Place cod filets on broiler pan and spread mayonnaise mixture evenly among the cod filets. Sprinkle Parmesan cheese on top of filets. Broil filets for 8-10 minutes.

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### **Broiled Cod Fish Recipe MorrisonHealth com Crave Healthy**

2 x 6 oz Alaskan cod fillets 1/2 teaspoon dried dill 1 tablespoon extra virgin olive oil juice from 1/4 lemon sea salt and black pepper. Servings: 4 Preparation. Set oven on broil and allow to heat for 5 minutes. With a fork or spoon, mix extra virgin olive oil, lemon juice, dill, and black pepper in a small bowl. Place fillets onto ungreased cookie sheet, brush or spoon sauce on fillets, and place in oven.

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### **Broiled Cod Fish Recipes SparkRecipes**

This white fish recipe is spectacular! If you want an amazingly quick meal, this is the way to do it. For a little less tang, reduce the lemon juice. If you want an amazingly quick meal, this is the way to do it.

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