

Caesar Cod

1/2 to 2/3 pound cod fillets

1/4 cup light mayonnaise

2 tablespoons grated Parmesan cheese

1 tablespoon fresh lemon juice

1/2 teaspoon salt

1/4 teaspoon freshly ground pepper

1/2 cup fresh bread crumbs

3 tablespoons chopped fresh parsley

Lemon wedges

Heat oven to 450°. Spray square baking dish with nonstick cooking spray and lay cod in dish.

Combine mayonnaise, Parmesan cheese, lemon juice, salt and pepper in small bowl.

Combine breadcrumbs and parsley in another small bowl. Pour the mayonnaise mixture over the fish, then sprinkle with the bread crumb mixture.

Bake about 10 minutes or until fish is cooked through and bread crumbs begin to brown.

Serve with lemon wedges.

Serves 2.