



## ALMOND CRUSTED COD

**Serves:** 4

**Time:** 20 minutes

### Ingredients:

- 4 4-ounce cod filets (*any fish filets will work*)
- 2 tablespoons plain green yogurt
- Zest and juice of 1 lemon (*or lime*)
- 2 garlic cloves, minced
- 1 tablespoon fresh herbs (*dill, basil, parsley or thyme; can substitute dried as well*)
- Salt and pepper to taste
- ½ cup almonds (*roasted work best, but raw will also work*)
- ¼ cup grated Parmesan (optional)

### Directions:

1. Preheat oven to 400 F.
2. Add Greek yogurt, lemon zest and juice, garlic and herbs to small bowl and mix well. Adding salt and pepper to taste, if desired.
3. Add almonds to a food processor or spice grinder and pulse until almonds are ground to desired size (*suggested size is about the size of a grain of rice*).
4. Prepare baking sheet or pan with non-stick spray or coat with olive or canola oil.
5. Add fish to baking sheet and coat fish filets with yogurt mixture, about 1 teaspoon per filet.
6. Sprinkle filets with ground almonds (*and parmesan if desired*). Gently press almonds into the yogurt. Season with additional salt and pepper if desired.
7. Bake for 5 minutes, then turn the broiler on high to finish the fish.
8. Cook fish under the broiler for 4 to 6 minutes, until golden brown, reaches an internal temperature of 145 F and flakes easily with a fork.
9. Serve immediately with fresh lemon wedges or double the yogurt sauce and reserve for dipping.

**Nutrition Facts:** 228 calories, 11g fat, 2g saturated fat, 5g carb, 27g protein, 267 mg sodium, 2g fiber

A good fish fry is a weekly staple for many Wisconsinites. This is a healthier take on a classic deep fried cod, that is quick and easy to make at home and has a crunchy texture without being deep fried. You can substitute with any fresh or frozen fish of you have available. A variety of nuts will work as well, but this recipe works best with almonds, walnuts or pecans. You can also substitute panko breadcrumbs or another course-ground bread crumb if you wish.

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HEALTH

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