



Perfect Ten Baked Cod

Servings: 2

Preparation Time: 20 minutes

Start to Finish Time: 50 minutes

How can you go wrong with Ritz crackers and butter. Cod is a mild, meaty fish that is always complemented well by butter. The cracker crust provides the crunch, the green onions the punch, and the lemon the tart.

- 2 tablespoons butter**
- 15 each Ritz crackers, crushed**
- 2 tablespoons butter**
- 1 pound cod fillet, skinless, thick cut**
- 1/2 each lemon, juiced**
- 1/4 cup white wine**
- 1 tablespoon fresh parsley, chopped**
- 1 tablespoon green onion, chopped**
- 1 each lemon, cut into wedges**

Prepare the Perfect Ten Baked Cod, a delightful and easy-to-make recipe that guarantees a mouthwatering dinner! This dish features the perfect combination of Ritz crackers and butter, which flawlessly complements the mild and meaty cod. The cracker crust adds a satisfying crunch, while the green onions bring a punch of flavor, and the lemon adds a tangy twist.

This baked cod recipe is the epitome of simplicity, speed, and deliciousness. All it takes is two sets of 10 minutes each in the oven, and you'll have the perfect ten dinner on your table! Originally a beloved request from a now-closed local restaurant, we are thrilled to share our version of their most sought-after dish.

To elevate the meal further, serve the Perfect Ten Baked Cod with a side of flavorful rice pilaf and fresh spinach lightly seared in olive oil and garlic. The result? An absolutely yummy culinary experience that will leave you craving more!

NOTE: Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

Serving Ideas: Serve the Perfect Ten Baked Cod with a side of flavorful rice pilaf and fresh spinach lightly seared in olive oil and garlic.

Per Serving (excluding unknown items): 1027 Calories; 58g Fat (50.5% calories from fat); 49g Protein; 80g Carbohydrate; 1g Dietary Fiber; 158mg Cholesterol; 1282mg Sodium; 9g Total Sugars; 2mcg Vitamin D; 211mg Calcium; 5mg Iron; 1115mg Potassium; 482mg Phosphorus. Exchanges: .

Preheat oven to 400°F.

Place 2 tablespoons butter in a microwave-safe bowl; melt in microwave on high, about 30 seconds.

Stir buttery round crackers into melted butter.

Place remaining 2 tablespoons butter in a 7 x 11-inch baking dish. Melt in the preheated oven, 1 to 3 minutes. Remove dish from oven.

Coat both sides of cod in melted butter in the baking dish.

Bake cod in the preheated oven for 10 minutes.

Remove from oven; top with lemon juice, wine, and cracker mixture.

Place back in oven and bake until fish is opaque and flakes easily with a fork, about 10 more minutes.

Garnish baked cod with parsley and green onion. Serve with lemon wedges.