



friday

## BREADCRUMB-CRUSTED COD

½ cup fine dry breadcrumbs, preferably whole-wheat  
1 clove garlic, minced  
2 tablespoons extra-virgin olive oil  
¼ cup nonfat plain Greek yogurt  
¼ cup low-fat mayonnaise  
1 tablespoon lemon juice  
1 tablespoon chopped fresh tarragon or 1 teaspoon dried  
⅓ teaspoon salt  
1-1¼ pounds cod, tuna, wild salmon or mahi-mahi,  
skinned if desired, if cut into 4 portions  
4 lemon wedges for serving

Preheat oven to 425°F. Coat a large baking sheet with cooking spray.

Combine breadcrumbs, garlic and oil in a small bowl. Combine yogurt, mayonnaise, lemon juice, tarragon and salt in another small bowl. Place fish on the prepared baking sheet. Spread 1 tablespoon of the yogurt sauce on each piece of fish, then pat 2 tablespoons of the breadcrumbs over it.

Bake the fish until opaque in the center and breadcrumbs are golden, about 15 minutes. Serve each portion with 1 tablespoon of the remaining sauce and a lemon wedge, if desired.

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Serves 4  
Active Time: 15m  
Total Time: 30m

## NUTRITION FACTS

Amount per serving:  
Calories: 220  
Total Fat: 10g  
Saturated Fat: 1g  
Monounsaturated Fat: 6g  
Cholesterol: 48mg  
Sodium: 268mg  
Carbohydrates: 13g  
Dietary Fiber: 2g  
Total Sugars: 1g  
Added Sugars: 1g  
Protein: 18g  
Potassium: 243mg