

Alaska Cod Parmesan with Zucchini Noodles



Preparation Time: 15 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

2 medium zucchini (about 5 to 6 oz. each), sliced thinly on mandolin or with a peeler

1 Tablespoon unsalted butter

1 teaspoon olive oil

Salt and pepper, to taste

1/4 cup freshly grated Parmesan cheese

1-1/2 Tablespoons mayonnaise

1 teaspoon lemon juice

1/8 teaspoon dried basil

1/8 teaspoon dried oregano

1/8 teaspoon onion powder

4 Alaska Cod or Halibut fillets (4 to 6 oz. each)

2 Tablespoons shredded Parmesan cheese, divided

Description:

In a nonstick skillet, sauté zucchini slices in butter and oil just until soft. Add salt and pepper, to taste. Keep warm.

Heat oven to broil setting. Mix 1/4 cup grated Parmesan cheese, mayonnaise, lemon juice, basil, oregano and onion powder together. Add salt and pepper, to taste. Divide and spread topping onto the top of each fillet.

Place fillets on foil-lined broiler pan. Broil 5 to 7 inches from broiler element for 3 minutes, or until top is browned and bubbly. Reduce heat to 300°F and continue to cook an additional 3 to 5 minutes. Cook just until fish is opaque throughout.

To serve, place 1/4 of zucchini on each plate. Top with a cod fillet and garnish with 1/2 tablespoon shredded cheese.