

Grilled Cod

Add flavor to cod by adding butter, lemon juice, parsley, dill, paprika and sliced onion.



Season it, wrap it and grill! It's that easy with this simple cod recipe. Pair it with a salad and small baked sweet potato for a light summer meal. Get creative and add sliced vegetables into the foil for extra flavor.

Ingredients:

- 12 ounces cod
- 2 Tablespoons butter or trans-fat-free margarine
- 1/4 cup lemon juice
- 1 Tablespoon dried parsley
- 1 teaspoon dill weed
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 teaspoon paprika
- 1 onion, thinly sliced

Preparation:

Preheat barbecue grill.

Spray two large squares of aluminum foil with cooking spray and evenly divide cod into two portions. In a small saucepan, melt butter and add lemon juice, parsley, dill weed, salt and pepper. Pour equal amounts over the fish. Sprinkle fish with paprika and top with sliced onion. Wrap the foil securely around the fish, leaving a small space for the fish to expand. Grill for 5 to 7 minutes per side.

Nutrition Facts

Yield 2 servings

Amount Per Serving

Calories 295

Fat 10 g

Protein 33 g

Carbohydrates 5 g

Fiber 1 g

Sodium 482 mg

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