



PANKO-CRUSTED BAKED ALASKAN COD

4 Alaskan Cod Fillets (approximately 6 – 8 oz. each)
Salt and Pepper to taste
2 Tablespoons Honey Mustard
2 Tablespoons Honey
4 teaspoons Heinen's All Natural Olive Oil
2 teaspoons chopped fresh thyme
3 Tablespoons chopped fresh Italian parsley
1/2 teaspoon sweet paprika
1 cup Panko Bread Crumbs

Preheat oven to 400°F. On a foil-lined baking sheet, spray cooking spray then place each Cod Fillet. Sprinkle fillets with salt and pepper.

In a small bowl, combine the honey mustard, honey, olive oil, parsley and paprika. Using a knife spread the mustard mixture on the fillets. Top each fillet with Panko bread crumbs.

Roast the fish for 12 – 14 minutes at 400°F for until the fish flakes when poked with a fork.

Serve immediately.

Makes 4 servings