

# Mix It Up! with Gina

## Gina's Recipe of the Week

### Almond Crusted Baked Cod Fillet

Fresh Cod Fillet is on sale at your local Foodtown this week and my recipe for Almond Crusted Baked Cod Fillet is a great way for you to prepare it. I coat the cod with Panko bread crumbs and ground almonds to give it a nice crunch. You can leave the ground almonds out if you have allergies. Serve with lemon wedges and your favorite vegetables for a delicious meal. Enjoy! -Gina



**Prep Time: 10 mins | Ready in: 25 mins | Servings: 4**

### Mix It Up...

**Preheat oven to 400 degrees F.**

**In a deep baking dish, add 1 tablespoon of olive oil and brush on the entire bottom of the dish. Place the Cod Fillet in the dish until ready to use.**

**In a small bowl, combine ½ cup of chopped parsley, 1 teaspoon of garlic powder, 1 teaspoon of ground pepper, 1 teaspoon of salt, the zest and juice of 1 lemon, and 3 tablespoons of olive oil. Brush the top of each fillet with the mixture.**

**In a separate bowl, combine 1½ cup of bread crumbs and ½ cup of ground almonds and press down to coat the top of the fillet.**

**Bake until firm, about 15 to 17 minutes. Serve with lemon wedges and your favorite vegetable.**

**Stop by Foodtown to pick up all of your ingredients to make this delicious dish!**

### Ingredients

- 1½ Cups Panko Bread Crumbs**
- ½ Cup Ground Almonds**
- ½ Cup Fresh Chopped Parsley**
- 1 Teaspoon Garlic Powder**
- 1 Teaspoon Fresh Ground Pepper**
- 1 Teaspoon Salt**
- 1 Lemon, zest and juice**
- 4 Tablespoons Olive Oil**
- 4 Pieces Fresh Cod Fillets**