



## BAKED COD / MICROWAVE SALMON STEAK

### BAKED COD

*Serves 4-6*



Preheat oven to: 375 Degrees

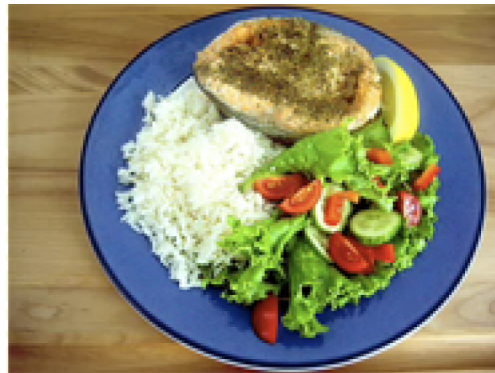
#### Ingredients:

2 pounds of "Captains Cut" cod fillets  
2 tablespoons of lemon juice  
1 cup seasoned bread crumbs  
3 table spoons butter divided  
Salt and Pepper

1. Grease baking pan with 1 teaspoon of the butter.
2. Lay fish in baking dish.
3. Pour lemon juice over fish.
4. Spread 2 teaspoons of butter on the fish.
5. Sprinkle with salt and pepper.
6. In a small bowl mix together the remaining butter with the bread crumbs. Sprinkle over the fish.
7. Bake fish for approximately 25 minutes or until tender and flakey.

### MICROWAVE SALMON STEAK

*Serves 1-2*



#### Ingredients:

1 salmon steak  
1 tablespoons of lemon juice  
Salt and pepper  
Pinch of dried dill (optional)

1. Put salmon steak in microwave safe dish.
2. Pour with lemon juice over the fish.
3. Sprinkle with salt, pepper and a small amount of dill. Cover loosely with wax paper.
4. Microwave on high 3-5 minutes depending on the thickness of the salmon steak.