



## Garlic Herbed Cod Loins

### INGREDIENTS

- 4 (6-ounce) cod loins
- 3 tablespoons butter; softened
- 1 tablespoon olive oil
- 3 garlic cloves; minced
- 2 tablespoons parsley, chives, thyme or other herbs; finely chopped
- ½ teaspoon paprika
- 1 lemon; juiced and zested
- kosher salt and freshly ground black pepper; to taste

### DIRECTIONS

Preheat your oven to 400°F. Place the cod in a baking dish. In a small bowl, mix together the butter, olive oil, minced garlic, parsley, paprika, ½ of the lemon juice, lemon zest, salt, and pepper. Spread the compound butter mixture on top of each filet. Bake in the oven for 13 to 15 minutes, or until the cod is opaque. Cod loins have a lobster texture and will not flake like cod filets. Before serving, spoon the remaining lemon juice and juices from the baking dish over the cod. Serve immediately. Serves 4; 225 calories per serving.

