



Crispy Crusted Cod



1/2 of recipe: 167 calories, 2g total fat (<0.5g sat. fat), 559mg sodium, 9g carbs, 1g fiber, 0.5g sugars, 26g protein

Prep: 5 minutes **Cook:** 15 minutes

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Ingredients

- 3 tortilla chips, crushed
- 2 tbsp. panko bread crumbs
- 1 1/2 tsp. taco seasoning
- Two 5-oz. raw cod fillets
- 1/8 tsp. each salt and black pepper
- 3 tbsp. taco sauce
- Optional toppings: light sour cream, salsa

Directions

Preheat oven to 400 degrees. Spray a baking pan or baking sheet with nonstick spray.

In a wide bowl, combine chips, panko, and 1 tsp. taco seasoning. Mix well. Season cod with salt, pepper, and remaining 1/2 tsp. taco seasoning. Place on the baking sheet, and top with taco sauce.

Top with panko mixture, and lightly press to adhere. Bake until fish is cooked through and coating is crispy, about 12 minutes.

MAKES 2 SERVINGS

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