



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

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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



Tagged: [Lunch & Dinner Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.