

BAKED COD WITH CHEESE

4 Servings, about 3 ounces each

Cod fillets, fresh or frozen	<u>1 pound</u>
Cheddar cheese, shredded	<u>4 tablespoons</u>

PREPARATION TIME: 7 MINUTES

COOKING TIME: 15 MINUTES

1. Thaw cod according to package directions.
2. Prepare cod according to package directions.
3. After cod is fully cooked, sprinkle cheese on cod. Return cod to oven to melt cheese, about 3 to 5 minutes.

PER SERVING:

Calories	<u>155</u>
Total fat	<u>5 grams</u>
Saturated fat	<u>3 grams</u>
Cholesterol	<u>65 milligrams</u>
Sodium	<u>160 milligrams</u>