

Baked Parmesan Cod

Serves 4

1 lb cod fillets
1/8 tsp. pepper
2 Tbs. grated Parmesan cheese
1/4 tsp. paprika
1/2 tsp. salt
1/2 cup sour cream
1/2 tsp. dill weed
1 green onions, sliced

Heat oven to 350 degrees. Arrange fish fillets in an ungreased 13 x 9 x 2 baking dish. Sprinkle with salt and pepper. Mix sour cream, Parmesan cheese, dill and paprika. Spread over fish. Bake uncovered about 35 minutes. Sprinkle with green onions. This is also good with Tilapia.