



Recipes

Fish

Cashew Crusted Cod

Prep Time: 10 minutes

Cooking Time: 20 minutes

Yield: 4 servings

Ingredients:

4 6-oz cod fillets

2 tablespoons silken tofu

4 tablespoons chives, chopped

1 teaspoon horseradish

Grated zest and juice of 1 lemon

Sea salt and black pepper

1/2 cup cashews, very finely chopped

Directions:

1. Preheat oven to 425 degrees.
2. Place cod in a lightly greased, shallow baking dish.
3. In a small bowl mix the tofu, chives, horseradish, lemon zest and juice.
4. Season mixture with sea salt and pepper.
5. Cover cod evenly with mixture.
6. Top with cashews.
7. Bake for 18-20 minutes or until the fish is done and the crust is golden and crunchy.