

Cod with Lemon-Caper

Prep Time: 5 minutes

Cooking Time: 15 minutes

Serves: 2

Hints: Cod is a sweet, mild, white fish that takes on the flavors that are cooked with it. It's not always available but when you find it, this the a flavorful recipe you will want to try. You can substitute Tilapia or another white fish.

Panko is a crunchy coating that can be found in the Asian area of your supermarket. It adds a nice crunchy texture to any fish or shrimp. A microplane is used to zest the lemon. It's a great tool to have in your kitchen to use to zest lemons, oranges, limes and even grating cheeses. Double this recipe to feed 4 people.



1/4 cup Panko crumbs
1/4 teaspoon salt and pepper
2 – 6 ounce cod filets, rinsed
3 teaspoons butter, divided
1 teaspoon olive oil
1/4 cup fresh lemon juice
Zest from 1 lemon
3/4 cup fat-free, reduced sodium chicken broth
1-1/2 teaspoon capers, well rinsed and drained
1/2 pound asparagus, ends trimmed
1 teaspoon butter

Option: Serve over 2 servings for brown rice. If you decide to serve rice, read your package directions and add cooking time if you are not using quick cooking rice which takes about 5-10 minutes.

Combine the Panko crumbs, salt and pepper in a paper plate or shallow pan. Rinse the fish and set them in a separate plate. Heat the butter and olive oil over medium heat in a sauté pan. When the butter has melted to a golden color, dredge the fish on both sides in the crumbs and gently place the fish in the pan. Set your kitchen timer and cook for 3 minutes on each side. When the time has passed, remove the fish from the pan and keep warm. In the meantime you can start on the sauce.

Roll your lemon on your countertop to start the juices flowing inside before you cut into it. Use a microplane to zest the lemon. You only want the yellow part. Don't go into the white layer of the lemon because it will be bitter. The lemon will be easier to zest if you do it before you cut in half for the juice. Zest it into a small bowl. Get out a medium mixing bowl and cut the lemon in half and squeeze 1/4 cup of juice into the bowl, throwing away the seeds. Stir in the chicken broth and capers. Slowly pour this mixture into the hot skillet, loosening the brown bits from the pan. Raise the heat slightly to bring the mixture to a boil until it reduces by half in about 5 minutes. Add the asparagus and cook 3 minutes. Remove the pan from the heat, stir in the butter and lemon zest.

If you have made rice, spoon portions of rice on each plate. Put a piece of fish and some asparagus on each plate. Spoon the sauce over all and enjoy a light, healthy dinner.