

Low-Point Lemon Crusted Cod

Ingredients:

- 1 lb. cod
- 1/2 Tbs lemon juice
- 1/2 cup fat-free mayonnaise
- 1/2 Tbs Worcestershire sauce
- 2 tsp. grey poupon mustard
- 1 cup low-fat shredded mozzarella cheese
- 1 cup crushed corn flakes
- "I Can't Believe It's Not Butter" spray
- pepper

Preheat oven to 350 degrees. Place cod in a baking pan. Combine the lemon juice, mayonnaise, worcestershire sauce, and mustard. Brush mixture on the cod. Sprinkle with mozzarella cheese and then the crushed corn flakes. Spray the butter on top, season with a little pepper, and bake for 20 minutes (or until desired doneness). Enjoy!

Total servings - 4

Serving size - 1

Points per serving - 3.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"Don't ask what the world needs. Find what makes you happy and go do it! Because what the world needs is people who have come alive!"
- Howard Thurman***