

# Cod with Italian Topping

## Ingredients

1 lb Cod fillets	1/8 tsp garlic powder
1/4 cup fine dry bread crumbs	1/8 tsp ground black pepper
2 tbsp grated parmesan cheese	1 egg white, lightly beaten
1 tbsp cornmeal	
1 tsp olive oil	
1/2 tsp Italian seasoning	

## Directions

Preheat oven to 450. In a small shallow bowl, stir together the bread crumbs, cheese, cornmeal, oil, Italian seasoning, garlic powder and pepper. Set aside.

Coat the rack of a broiling pan with cooking spray. Place the cod on the rack, folding under any thin edges of the fillets. Brush with the egg white, then spoon the crumb mixture evenly on top.

Bake in oven for 10-12 minutes or until fish flakes easily when tested and is opaque throughout.

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