

Cod Fillets (Cracker Crumb)

Ingredients

- 1 cup milk
- 2 tsps worcestershire sauce
- salt & pepper
- 1/4 cup olive oil
- 2 tsps paprika
- 5 cod fillets (3-4 oz each)
- 4 ozs buttery crackers (Ritz), finely crushed
- 4 tbsps butter

Summary

Yield: 5

Source: Priscilla (adapted from Food Network.com)

Prep Time: 10 minutes

Category: Fish

Instructions

Serves: 5-6

Rating: Excellent

Marinating Time: 2 hours

Oven: 400 degrees

Whisk first five ingredients together in a bowl. Add fish and submerge to cover completely. Top with plastic wrap and marinate.

In a plastic bag, finely crush crackers with a rolling pin. Melt butter and set aside. Coat a baking pan with cooking spray. Remove fish from marinade and coat with crushed crackers. Layer in prepared pan. Drizzle with melted butter. Bake 10-15 minutes. Fish should be golden brown on top.