



Recipes

Fish

Baked Cod

Prep and Cook Time: 20 minutes

Yield: 4 servings

Ingredients:

1 tablespoon extra virgin olive oil
1 teaspoon coconut oil
1 teaspoon fresh thyme
1/2 teaspoon sea salt
1/4 teaspoon onion powder
4 (6 ounce) skinless cod fillets

Directions:

1. Preheat oven to 375° F. Grease a baking sheet with 1 teaspoon of coconut oil.
2. Combine the olive oil, thyme, sea salt, and onion powder in a bowl and stir until mixed well.
3. Season the cod fillets with the spice mixture and place on baking sheet.
4. Put the pan on the top rack and bake 12-15 minutes.