

Onion Coated Cod with Roasted Vegetables

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 20 minutes

Serves: 4

CChints: Anytime you are working with raw fish, you should always wash all the utensils and surfaces that touched it, including your hands. Cod is a sweet white fish that works very well with the sweetness in the onion rings and honey mustard sauce. You can find the onion rings with the can goods in your supermarket.



4 servings of yellow and zucchini squash cut into 1/2 inch thick pieces

2 tablespoons olive oil

1 tablespoon Herb de Provence

Dash of salt and pepper

Fish:

3 ounce container/can of French Fried Onion Rings

Four 4-6 ounce cod filets

1 whole egg

1 egg white or you can substitute both eggs for 1/3 cup liquid egg substitute

Salt and pepper to taste

1 teaspoon McCormicks® Salad Supreme® seasoning blend

1/2 teaspoon smoked paprika

Honey Mustard:

2/3 cup reduced fat mayonnaise

1/4 cup prepared yellow mustard

4 tablespoons honey

Preheat oven to 400 degrees F. Line 2 baking sheets with a silicone mat, nonstick foil or foil sprayed lightly with cooking spray. Lay the vegetables on a baking sheet and drizzle with the oil. Sprinkle with herbs, salt and pepper and bake for 20 minutes. Use the first 10 minutes of the cooking time to prepare the fish. The fish will bake for 10 minutes which should be the same time the vegetables are done.

Pour the container of onion rings into a re-sealable bag. Seal the bag and crush the onion rings with a heavy skillet or smooth meat mallet. In a separate bowl blend the eggs for dipping.

Rinse the fish and pat it dry. Make an assembly line starting with fish then dip it in the egg mixture then into the bag with the onion rings. Toss to coat and lay each piece on the other baking sheet. After all the pieces have been placed on the baking sheet, sprinkle the fish with the seasonings. Bake for 10 minutes or until the fish flakes with a fork and the vegetables are done. During this time, make the honey mustard, do a little clean up and set the table.

In a small mixing bowl, blend together the 3 items needed for the honey mustard.

When the fish is done, gently lift each piece of fish from the baking sheet and put it on a plate. Add a serving of vegetables and serve with honey mustard dipping sauce.