

DIJON MUSTARD-MARINATED COD WITH GRILLED ASPARAGUS

Cod is a low-calorie source of protein that's full of vitamins and minerals. It's also easy to find and fairly inexpensive compared to many other types of fish.

INGREDIENTS

- 1 ½ Lbs Cod (or any fish you like)
- ¼ Cup Dijon or Stone-Ground Mustard
- Juice of 2 Lemons
- ½ Tsp Dried Dill
- 2 Tsp Lemon Zest
- Pepper to Taste
- Cooking Spray
- Asparagus



INSTRUCTIONS

Step 1 ///

Whisk together mustard, lemon juice, dill, lemon zest, and pepper in a small bowl. Pour mixture into a gallon-size, re-sealable plastic bag.

Step 2 ///

Add cod to bag. Make sure cod is coated in marinade, and refrigerate for 1-2 hours.

Step 3 ///

Preheat oven to 400 degrees. Spray a glass baking dish with the cooking spray, and place cod in dish.

Step 4 ///

Bake for 15-20 minutes or until the fish flakes easily with a fork.

Step 5 ///

Snap woody ends off of asparagus.

Step 6 ///

Heat a grill pan (or grill) to medium-high heat, and spray lightly with cooking spray.

Step 7 ///

Cook asparagus for a few minutes on each side, turning frequently to avoid burning. Asparagus is done when it begins to char and desired tenderness is reached.