Lemon-parsley Baked Cod

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Ingredients

3 tablespoons lemon juice
3 tablespoons butter, melted
1/4 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon paprika
1/4 teaspoon lemon-pepper seasoning
4 cod fillets (6 ounces each)
2 tablespoons minced fresh Italian parsley
2 teaspoons grated lemon peel

Directions

Preheat oven to 400°. In a shallow bowl, mix lemon juice and butter. In a separate shallow bowl, mix flour and seasonings. Dip fillets in lemon juice mixture, then in flour mixture to coat both sides; shake off excess.

Place in a 13×9-in. baking dish coated with cooking spray. Drizzle with remaining lemon juice mixture. Bake 12-15 minutes or until fish just begins to flake easily with a fork. Mix parsley and lemon peel; sprinkle over fish.