

Cashew Crusted Cod

Prep Time: 10 minutes

Cooking Time: 20 minutes

Yield: 4 servings

Ingredients:

4 cod loin fillets

1/2 cup cashews, very finely chopped

2 tablespoons silken tofu

4 tablespoons chives, chopped

1 teaspoon mustard

grated zest and juice of 1 lemon

salt and black pepper

Directions:

1. Preheat oven to 425 degrees.
2. Place cod in a lightly greased, shallow baking dish.
3. In a separate small dish mix the tofu and mustard, season with salt and pepper.
4. In a small dish mix chives, horseradish, lemon zest and juice.
4. Cover cod evenly with both mixtures.
5. Top with cashews.
6. Bake for 18-20 minutes or until the fish is just done, and the crust is golden and crunchy.