

Cashew Crusted Cod

Prep Time: 10 minutes

Cooking Time: 20 minutes

Yields: 4 servings

Ingredients:

- 4 cod loin fillets
- 1/2 cup cashews, very finely chopped
- 2 tablespoons silken tofu
- 4 tablespoons chives, chopped
- 1 teaspoon horseradish
- 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 mayonnaise and mustard, season with salt and pepper. Cover cod evenly with mixture.

Top with cashews and herb mix. Bake for 18-20 minutes or until the fish is just done, and the crust is golden and crunchy.

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