Easy Baked Cod

Makes 2 servings

Ingredients:

1 lb. cod fillets, rinsed and pat dry

1/8 teaspoon salt

1 tablespoon lemon juice

3 dashes cayenne pepper

1 1/2 tablespoons olive oil

1 tablespoon chopped parsley

Directions:

1. Preheat oven to 400°F.
2. Arrange the cod fillets on a baking tray. Drizzle olive oil onto the fish, followed by lemon juice, salt and cayenne pepper.
3. Bake in the oven for 10 - 12 minutes, depending on the thickness of the cod.
4. Garnish with parsley and serve immediately.