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**“Parchment” Lemon Butter Cod**

**Ingredients:**

* 2 x 4 oz cod fillets
* Salt
* Pepper
* Thyme
* ½ lemon, sliced thin
* 2 Tbs butter
* 1 clove garlic sliced
* ½ onion sliced
* 2 x parchment paper boats

**Procedure:**

Wash and dry cod filets with cold water

Season cod with salt, pepper and thyme

Place cod fillets each into its own parchment paper boat

Heat oven or grill- medium to medium high heat (350-400 F)

Put two tabs (slices) of butter onto each cod fillet

Slice garlic and onion and layer onto each fillet

Place two slices of lemon onto each fillet

Add cod to oven or grill and bake for 15-20 minutes (until cooked through)

Remove cod fillets and serve (may want to garnish with parsley)