

Creole Cod

Servings: 2

Adapted from Cooking Light November 2002

Ingredients

1 teaspoon olive oil
1 teaspoon Dijon mustard
1/4 teaspoon salt
1/4 teaspoon Creole seasoning blend*
2 (6-ounce) cod fillets (about 1 inch thick)
Cooking spray
1 teaspoon lemon juice
1 tablespoon chopped fresh parsley

Preparation

1) Preheat oven to 400°.
2) Combine first 4 ingredients; brush evenly over fish.
3) Place fish on a foil-lined baking sheet coated with cooking spray. Bake at 400° for 17 minutes or until fish flakes easily when tested with a fork. Drizzle juice evenly over fish; garnish with parsley, if desired.

**Tip: If you don't have Creole seasoning, make your own: Combine 1 tablespoon paprika with 1 teaspoon each of salt, onion powder, garlic powder, dried oregano, ground red pepper, and black pepper. Store in an airtight container.*

Apricot-Glazed Acorn Squash

Servings: 2

Adapted from Cooking Light NOVEMBER 1997

Ingredients

1 medium acorn squash (about 1 pound)
Cooking spray
1 tablespoon apricot preserves
1/2 tablespoon brown sugar
1/2 tablespoon lime juice
1 teaspoon low-sodium soy sauce
1/4 teaspoon olive oil
Dash of salt
Dash of ground red pepper

Preparation

1) Preheat oven to 375°.
2) Cut squash crosswise into 3/4-inch-thick slices, discarding seeds and stringy

pulp. Arrange the squash slices in a single layer on a large baking sheet coated with cooking spray. Bake squash slices at 375° for 15 minutes.

3) Combine apricot preserves and remaining ingredients. Brush half of marmalade mixture over squash slices. Bake at 375° for 10 minutes. Brush with marmalade mixture; bake an additional 10 minutes. Spoon remaining marmalade mixture over squash.