

Cod in Dill Sauce

Company's Coming Rush-Hour Recipes

Servings: 4

Good dill flavour with the delicate taste of onion. Fish is tender and juicy. Thicker fillets will need additional time to bake.

1 tablespoon margarine

1 tablespoon flour

1/4 cup skim milk

3/4 teaspoon dill weed

1/4 teaspoon onion powder

1/4 teaspoon dried rosemary, crushed

1/4 teaspoon salt

1/8 teaspoon pepper

454 grams cod fillets

Melt margarine in small saucepan. Mix in flour until smooth. Add next 6 ingredients. Heat and stir until boiling and very thick.

Arrange fillets in single layer in greased shallow pan. Spread sauce over fillets. Cook in 425 F oven for 15 to 20 minutes until fish flakes easily when tested with fork.