

Seafood Stuffed Cod Fillets

PREPARATION TIME
20 minutes



COOKING TIME
20 minutes



PERFECT PARTNER
steamed rice



Imitation crabmeat can pinch the family budget. Try finely chopped cooked shrimp—they work beautifully and cost much less. Or, purchase frozen king crab legs and shell them yourself.

SHOPPING LIST

- crabmeat • shrimp • lemon
- green onions • cod fillets

ON HAND

- bread crumbs • salt
- paprika • cayenne pepper
- butter • garlic • milk

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INGREDIENTS

- 1 cup plain bread crumbs
- 6 ounces imitation crabmeat, flaked
- 1 cup thawed popcorn shrimp, chopped
- 3 green onions, chopped, divided
- 1 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 3/4 cup milk
- 4 cod fillets (about 6 ounces each)
- 4 tablespoons butter
- 1 clove garlic
- 2 tablespoons lemon juice
- 1/2 teaspoon paprika

SERVES **4**

COOKIN'
Express

• Save time by combining the stuffing ingredients in a food processor. Process until the mixture is very finely chopped and holds together.

Make Ahead

You can stuff the fish and refrigerate for up to 2 hours before baking.

VARIATION

If cod is not available, use any mild-flavored white fish fillets, such as sole, tilapia or flounder.

1 Preheat oven to 400°F. Combine bread crumbs, crabmeat, shrimp, 2 tablespoons green onions, salt and cayenne in a medium bowl. Add milk; stir until mixture holds together.



2 Divide filling among fillets, spreading it over fish. Roll up fillets; secure with a toothpick. Grease a medium baking dish.

3 Arrange stuffed fillets in a baking dish. Bake until fish flakes easily and stuffing is hot, about 20 minutes.



4 Meanwhile, melt butter in a saucepan over medium-low heat; add garlic and remaining green onions. Sauté until tender, about 2 minutes. Add lemon juice. Top fish with sauce and paprika.