

# Dilled Lemon Cod or Salmon

Also Known As

family

Course

Yield

Type of Food

Main Ingredient

Entrée

1 serving

Fish

Fish

## Comments

A delightful spin on a usual fish dish. This is one of only a few dishes for the microwave oven.

Prep Time 5 minutes

Cooking Time 3 - 5 minutes

Ethnic Origin American

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

Pre-Heat?  Yes

Temperature

Grease Pan?  Yes

Measure

Ingredient

Measure

Ingredient

4 oz serving of cod or salmon per person

.5 tsp. dill weed per serving

lemon wedge for garnish

2 Tbs. butter

## Instructions

- Place butter in glass cooking dish.
- Add fish.
- Sprinkle dill weed over fish.
- Place in microwave on high setting for three to five minutes.
- Fish will appear white (no longer translucent) when fully cooked.
- One pound of fish will take approximately five minutes.
- Remove with spatula to serving dish and garnish with lemon.