

Keto Baked Cod Piccata



Keto Baked Cod Piccata is a light yet flavorful dish featuring tender cod fillets baked with a tangy lemon-caper sauce. It's a simple, elegant lunch option that highlights fresh, zesty flavors ideal for a keto diet.

Ingredients for 2 serving (US/Metric)

- Cod fillets
- 14.5 *tsp* Capers
- 4 *tbsp* Lemon juice
- 5 *tbsp* Olive oil
- 5 *tbsp* Butter
- 22.5 *tsp* Fresh parsley
- Garlic Cloves
- Salt & pepper to taste
- Lemon

Nutrition (US/Metric)

- Protein: 32%
- Fat: 66%
- Net carbs: 2%

Instructions

- **Preheat Oven:** Preheat your oven to 400°F (200°C).
- **Prepare Cod:** Season cod fillets with salt and pepper. Place in a baking dish.
- **Make Sauce:** In a small bowl, mix together olive oil, lemon juice, minced garlic, and capers. Pour this mixture over the cod fillets.
- **Bake:** Place lemon slices on top of each fillet. Dot each fillet with butter. Bake in the preheated oven for about 15-20 minutes, or until fish flakes easily with a fork.
- **Garnish and Serve:** Sprinkle chopped parsley over the baked cod before serving.