

Cod Sandwich

A simple, fresh & flavorful fish sandwich

This is my nod to the kind of simple fish sandwich that you'd see on the menu at a mom 'n pop burger joint during Lent... or as I've dubbed it (Arnold Voice) ... "Da' Lentinator".

However, simple doesn't have to mean bland. So, this sandwich has a seared filet of cod, lightly seasoned and topped with a good sized dollop of my low point tartar sauce. Beneath it is a ton of fresh produce... thin sliced cucumbers, white onion, tomato, lettuce and another good dollop of tartar sauce. If you're looking for a quick and tasty sandwich, this will definitely hit the spot.

Servings Info.:	Points:	G	B	P
Yields: 4 sandwiches	1 serving =	2	0	0
Servings: 4	2 servings =	4	1	1
Serving Size: 1 sandwich	3 servings =	6	1	1
	4 servings =	7	2	2

(These listed points **DO NOT INCLUDE** the bun. Use whichever brand buns or bread you want, then add these points. These listed points are also for Soz of chicken.)

Ingredients:

Fish Filets: (see notes)

- 4 fresh, or previously frozen Cod filets. 4oz each**

Tartar Sauce:

- 1/2 batch of my low point Tartar sauce, recipe in Cookbook 2, on page 26.

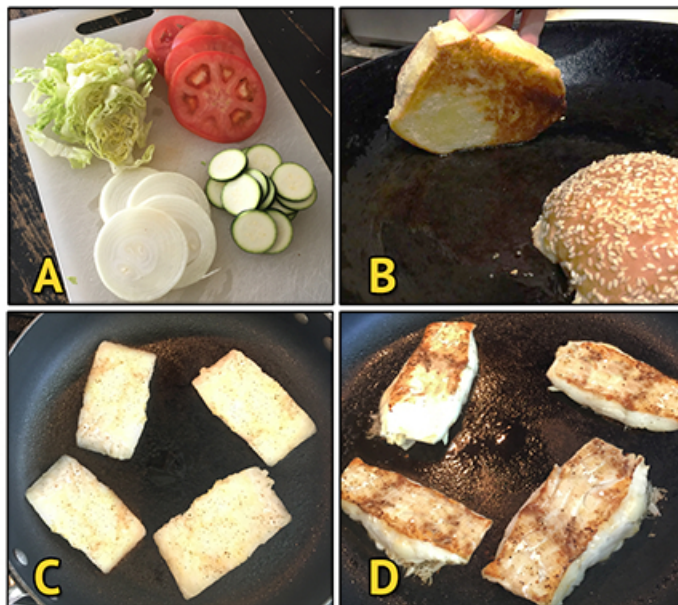
Additional Ingredients:

- Fresh lettuce, any variety you prefer.
- 4 slices of tomato
- 4 thin slices of onion
- 16 thin slices of cucumber (4 per sandwich).



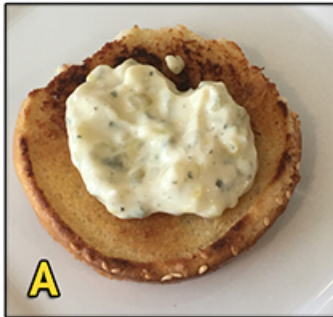
Directions:

1. Prepare a batch of my low point tartar sauce, set side.



2. (A) Prep your veggies for a nice picture, then set aside. Pat cod filets dry with paper towels, then season with salt and pepper. Spray them with cooking spray and set aside. (B) Heat a large pan over medium heat for 1 minute, till hot. Place your buns (your **BURGER** buns!!) face down onto the pan till they are toasted. Set aside. (C) Spray the pan with cooking spray, then place the cod into the pan. Crank the heat up to medium-high and don't touch the fish. Cook for 3-4 minutes. (D) Spray the top of the fish with cooking spray, then use a spatula to get under the filets and flip them carefully. Cook for an additional 3-4 minutes. Remove from heat.

3. To assemble the sandwiches, **(A)** place a heaping Tablespoon of tartar sauce onto the bottom bun, **(B)** followed by some lettuce, a slice of tomato, then one of the onions slices. **(C)** Arrange 4 of the thin cucumber slices on top of the onion, followed by one of the cod filets and a good sized dollop of tartar sauce. **(D)** Finally, place the top bun on top of the sandwich. Done.



NOTES & SUGGESTIONS:

- **POINTS:** The listed points take into account the use of 1/4 cup of my low point tartar sauce, per sandwich. On blue & purple, 1/4 cup of my sauce is 0 points. On Green, it's 1 point per 1/4 cup serving. Other than the tartar sauce, this recipe has NO POINTS on blue & purple (of course, this doesn't count the buns.)
- **CHEESE:** Feel free to add cheese, if you want. I'm the Scrooge McDuck of smart points, so I didn't put any on my sandwiches.
- **TARTAR SAUCE:** Of course, you don't haaaaave to use my low point tartar sauce recipe, but if you don't, remember to adjust your points accordingly.
- **CUCUMBERS:** Not everyone likes 'em, so they are optional. You could add some dill pickle slices for a nice tangy crunch.
- **FISH:** I realize that Cod is on the pricier side of white fish varieties. You can make this sandwich using ANY type of fish that you want. It'd be just as good with Tilapia, Salmon, Halibut, absolutely anything. You may need to adjust your cooking times, because some types of fish cook faster than others... and you don't want overcooked, dried out fish. Unless you're making fish jerky, but that's a different recipe.

