

Lemon-Caper Baked Cod with Herb Butter Sauce

Tender cod fillets baked in foil with fresh lemon, finished with a silky caper sauce—a diabetes-friendly meal ready in 30 minutes with minimal blood sugar impact.

Prep: 10 min

Cook: 20 min

Total: 30 min

Servings: 4

GL 1.7 / GI 64

Ingredients

Fresh or thawed, skinless cod fillets, 6 ounces each

For juice and slices fresh lemon

Provides savory depth without excess sodium low-sodium chicken bouillon granules

For dissolving bouillon hot water

Room temperature for easy mixing unsalted butter, softened

For thickening sauce all-purpose flour

Rinse to reduce sodium content capers, rinsed and drained

Instructions

Step 1

Preheat your oven to 350°F (175°C). Tear off four 12-inch squares of aluminum foil and lightly coat each with cooking spray to prevent sticking.

Step 2

Place one cod fillet in the center of each foil square. Cut the lemon in half crosswise. Squeeze the juice from one half evenly over all four fillets, then slice the remaining half into thin rounds and place 1-2 slices on top of each fillet.

Step 3

Fold the foil over each fillet and crimp the edges tightly to create sealed packets. Place the packets on a baking sheet and transfer to the preheated oven. Bake for 18-20 minutes until the fish is opaque and flakes easily when tested with a fork.

Step 4

While the fish bakes, prepare the sauce. In a small bowl, combine the chicken bouillon granules with hot water, stirring until completely dissolved. Set this broth aside.

Step 5

In a separate small bowl, blend the softened butter and flour together using a fork until smooth and well combined, creating a paste called a beurre manié.

Step 6

Transfer the butter-flour mixture to a small heavy-bottomed saucepan over medium heat. Stir constantly as it melts and begins to bubble, cooking for about 1 minute to eliminate the raw flour taste.

Step 7

Gradually pour the prepared bouillon into the saucepan while whisking continuously. Continue stirring for 2-3 minutes until the sauce thickens to a light gravy consistency. Stir in the drained capers and remove from heat.

Step 8

Carefully open the foil packets (watch for hot steam), transfer each cod fillet to a serving plate, and spoon the warm caper sauce over the top. Serve immediately with your choice of low-glycemic vegetables.