Roasted Cod

1 multigrain English muffin

1/4 cup sliced almonds

1 teaspoon fresh thyme

4 teaspoons olive oil

1/2 teaspoon kosher salt

1/4 teaspoon pepper

4 fresh cod filets

2 teaspoons light mayonnaise

Combine muffin, almonds and thyme in a food processor and pulse until ground to coarse crumbs.

Heat oil in skillet. Toast crumb mixture until lightly browned.

Spread mayonnaise evenly over fish filet.

Sprinkle crumb mixture over fish.

Bake fish 10-15 minutes at 400.