



Gingered Cod and Napa Cabbage with Quinoa Blend

Yield: 6

1 qt, 1/2 cup	Cooked Quinoa
1 lb, 2 oz	Fresh Cod Fillets
1-1/2 tsp	Chinese Five Spice
2 Tbsp	Olive Oil
6 oz	Julienne Sliced Onions
1/4 cup	Minced Ginger Root
2 Tbsp	Minced Garlic Cloves
1 lb, 2 oz	Chopped Chinese Cabbage (Napa)
3 cup	Fresh Chopped Tomatoes
1 cup	Chicken Stock
2 Tbsp	Less Sodium Soy Sauce
1/4 tsp	Salt
1 Tbsp	Cornstarch
2 Tbsp	Fresh Lemon Juice
3/4 cup	Chopped Fresh Cilantro



Cook quinoa according to package. Chill and set aside. Cut cod fillets into 1" pieces and toss with Chinese five spice. Heat oil in a large pan and add onions, ginger, garlic and napa cabbage. Sauté until vegetables are half way cooked, about 3 minutes. Add water a little bit at a time if garlic begins to burn or stick to pan. Add the diced tomatoes. Mix the chicken stock, soy sauce, cornstarch and salt together and pour into pan. Add the cooked quinoa. Toss. Place spiced cod on top, lower heat and cover to steam cod, about 5 minutes until fish is cooked through. Drizzle with lemon juice and gently toss. Garnish with chopped cilantro and serve.

Chef's note: Fish can be steamed or roasted separately and added at the end.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
343.9	25.1	42.7	8.6	36.5	397	1.2	6.2