

# Gingered Cod

## and Napa Cabbage with Quinoa Blend

Portion: 2 1/2 cups Yields: 6



**CALORIES (kcal):** 350  
**PROTEIN (g):** 25  
**CARBOHYDRATE (g):** 46  
**TOTAL FAT (g):** 8  
**SODIUM (mg):** 470  
**SAT FAT (g):** 1  
**DIETARY FIBER (g):** 6

### INGREDIENTS:

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

### METHOD:

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 NOTES:

Fish can be steamed or roasted separately and added at the end.

# Broccoli Rabe with Roasted Garlic and Chilies

Portion: 1/2 cups Yields: 8



**CALORIES (kcal):** 40  
**PROTEIN (g):** 4  
**CARBOHYDRATE (g):** 4  
**TOTAL FAT (g):** 2.5  
**SODIUM (mg):** 190  
**SAT FAT (g):** 0  
**DIETARY FIBER (g):** 3

### INGREDIENTS:

2 lb Broccoli Rabe	1/2 tsp Kosher Salt
1 gallon Boiling Water	1/2 tsp Ground Black Pepper
2 each Minced Garlic Cloves	1 tbsp Olive Oil
1 tsp Grated Lemon Peel	1 tsp Crushed Red Pepper

### METHOD:

Bring water to a boil. Cook broccoli rabe in water for 3-5 minutes until tender and bright green. Drain well in a colander and set aside. In a large sauté pan, heat olive oil over medium heat. Add the garlic and the chili flakes and saute until golden brown then toss in the broccoli rabe. Season with salt and pepper and cook for 2-3 minutes, gently toss in the pan. The broccoli rabe should be tender when done. Toss with lemon zest and serve immediately.

### CHEF'S NOTES:

Also known as Rapini, broccoli rabe is popular in Italy and Portugal. The leaves, stem and buds are all edible. Replace salt with mashed anchovies sauteed with garlic for another layer of flavor.

# Arctic Char with Mango Sweet Chili Sauce,

Black Rice and Baby Bok Choy

Portion: 1 each Yields: 6



## INGREDIENTS:

1-1/2 cup	Dry Brown Rice	1 Tbsp	Fresh Minced Ginger Root
3/4 cup	Uncooked Barley	1/2 cup	Water
6 Tbsp	Chinese Black Rice	1 Tbsp, 1-1/2 tsp	Crushed Garlic Cloves
1 qt, 1 cup	Water	1 each	Valencia Orange
1/4 cup	Sweet Thai Chili Sauce	1-1/2 tsp	Sesame Oil
2 oz	Peeled, Diced Fresh Mango	2-1/4 tsp	Toasted Sesame Seeds
1 Tbsp	Fresh Chopped Cilantro	6 each	Arctic Char Fillets, 4 oz
1-1/2 tsp	Fresh Lemon Juice	1/8 tsp	Kosher Salt
1 tsp	Fresh Grated Ginger Root	1/8 tsp	Ground Black Pepper
1 lb, 8 oz	Baby Bok Choy Cabbage	1-1/2 tsp	Olive Oil

## METHOD:

Mix together brown rice, barley and black rice. Rinse well and drain. Place in a pot with 5 cups of water and bring to a boil. Lower heat, cover and steam for 30 minutes. Remove from heat and keep covered for 15 more minutes. Fluff and set aside. Place chili sauce and mangos in a non-reactive sauce pan and simmer covered for 20 minutes to soften the mangos. Chill and season with fresh lemon juice, grated ginger and fresh chopped cilantro. Set aside. Slice each baby bok choy into half lengthwise. In a sauce pan, add water, ginger, garlic, zest of the orange and the juice. Bring to a boil and add the bok choy. Cover tightly and steam until tender, 2-4 minutes. Drain and reduce the liquid in the pan until syrupy and add the sesame oil. Set aside. Coat each fish fillet with oil, salt and pepper. In a non-stick pan, pan sear the fish on both sides until cooked through, about 2-4 minutes on each side. Onto each dinner plate, scoop rice, bok choy drizzled with reserved orange sauce, fish fillet with 1 Tbsp of chili sauce and garnish with sesame seeds.

## CHEF'S NOTES:

Salmon can be a nice substitute for the Arctic Char. A little bit of black rice will tint the whole rice a nice purple hue and give a subtle sweet flavor. If unavailable, it can be omitted.

CALORIES (kcal): 470

PROTEIN (g): 30

CARBOHYDRATE (g): 60

TOTAL FAT (g): 12

SODIUM (mg): 360

SAT FAT (g): 2

DIETARY FIBER (g): 6

# Cauliflower A La Plancha with Pine Nuts

Portion: 1 1/2 cups Yields: 6



## INGREDIENTS:

Smoked Paprika Oil	Yield: 1 cup	1 each	Star Anise
2 tsp	Chopped Garlic	3 lb	Fresh Cauliflower
1 each	Chopped Shallot	1/4 cup	Golden Raisins
1 cup	Canola Oil	2 Tbsp	Olive Oil
3 Tbsp	Sweet Pimenton De La Vera	1/4 cup	Pine Nuts
Simple Syrup	Yield: 1/2 cup	2 Tbsp	Fresh Chopped Chives
1/2 cup	Water	1/4 tsp	Sea Salt
1/2 cup	Sugar	1/8 tsp	Ground Black Pepper
1/4 each	Cinnamon stick	2 Tbsp	Fresh Lemon Juice

## METHOD:

For smoked paprika oil: Place the garlic and shallots in a small sauce pot and add 1/2 teaspoon canola oil. Slowly toast in the pot over low heat for 5 minutes. Add the paprika to the pan and stir while toasting on low heat for another 5 minutes. Add the remaining canola oil and heat on low heat until the oil is hot, but not smoking. Remove from heat and set aside to cool completely. Once cooled, strain the oil through a fine mesh sieve or coffee filter and refrigerate for up to 1 week. For the syrup: Place water and sugar into a small sauce pan and bring to a simmer to dissolve the sugar. Add the cinnamon and star anise and let them steep in the water for 30 minutes. Strain. Place golden raisins in syrup and soak for 30 minutes to reconstitute. Drain, discard or save syrup for another use. Cut cauliflower head in half and remove the tough stem. Slice cauliflower into 1/4 inch thick slices and set aside. Preheat a cast iron pan over medium high heat for 3-4 minutes. Add olive oil to the pan to coat the bottom. The oil should smoke at this point. Add the cut cauliflower to the pan and sauté for 5-6 minutes. The cauliflower should become golden brown to brown and be tender. Once the cauliflower is cooked, turn off the heat and add the pine nuts, raisins, chives, salt and pepper. Add lemon juice, the paprika oil and toss until all garnishes are well mixed. Serve warm or at room temperature.

## CHEF'S NOTES:

Flavored simple syrup is great in teas or your favorite cocktails.

CALORIES (kcal): 200

PROTEIN (g): 3

CARBOHYDRATE (g): 15

TOTAL FAT (g): 16

SODIUM (mg): 125

SAT FAT (g): 1.5

DIETARY FIBER (g): 3