

Triple-Citrus Ginger Cod

May substitute with
Alaskan Pollock or Hake

Yield: 4 servings

Ingredients

1 orange; zested and juiced
(separated)

1 lime; zested and juiced
(separated)

1 lemon; zested and juiced
(separated)

1 tablespoon extra virgin olive oil

½ teaspoon fresh ginger; minced

pinch of cayenne

16 oz cod; 4-4oz fillets,
pin bones removed

½ teaspoon kosher salt

1 teaspoon dijon mustard

¼ cup fresh parsley; chopped

Instructions

1. In a small bowl, whisk together the orange juice, lime juice, lemon juice, olive oil, orange zest, lemon zest, ginger, and cayenne.
2. Place the cod in a baking dish and season each piece with 1/8 of a teaspoon of salt. Pour half of the orange juice mixture over the cod and turn to coat well. Cover and marinate in the refrigerator for 30 minutes.
3. Preheat the oven to 400 degrees.
4. Remove the cod from the refrigerator, uncover and add 2 tablespoons of water to the bottom of the dish. Bake just until the fillets are tender and an instant-read thermometer inserted into the center of the each fillet registers 137 degrees F.; this should take 10-15 minutes, depending on the thickness of the fillets.
5. Meanwhile, combine the remaining orange juice mixture and the mustard in a small saucepan over medium heat and simmer until the liquid is reduced by half. Pour the reduction over the fillets, sprinkle with parsley and serve immediately.

Nutrition Information

Serving Size: 1 fillet

Calories: 130
Total Fat 4.3 g
Saturated Fat 0.7 g
Monounsaturated Fat 2.6 g
Polyunsaturated Fat 0.7 %
Cholesterol 48.8 mg
Sodium 370 mg
Potassium 602.1 mg
Total Carbohydrate 5 g
Dietary Fiber 0 g
Sugars, other 5.7 g
Protein 18 g

Source: Cancer-Fighting Kitchen. Rebecca Katz

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