

Fish

Cashew Crusted Cod

Ingredients:

4 cod loin fillets
1/2 cup cashews, very finely chopped
2 tablespoons heavy cream
4 tablespoons chives, chopped
1 teaspoon mustard
grated zest and juice of 1 lemon
salt and black pepper

Prep Time: 10 minutes

Cooking Time: 20 minutes

Yield: 4 servings

Directions:

1. Preheat oven to 425 degrees.
2. Place cod in a lightly greased, shallow baking dish.
3. In a separate small dish mix the cream and mustard, season with salt and pepper.
4. In a small dish mix chives, horseradish, lemon zest and juice.
4. Cover cod evenly with both mixtures.
5. Top with cashews.
6. Bake for 18-20 minutes or until the fish is just done, and the crust is golden and crunchy.

© Integrative Nutrition

Ginger Broiled Salmon

Ingredients:

4 4-ounce wild salmon fillets
2 teaspoons fresh grated ginger
2 tbsp umeboshi plum vinegar or apple cider vinegar
1 tablespoon coconut oil
1/4 cup water

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Directions:

1. Mix the vinegar, oil, water, and ginger.
2. Place the fish in a baking dish and marinate in sauce for 30 minutes.
3. Preheat broiler, then broil fish skin side down for 6-8 minutes, depending on how you like your salmon cooked.
4. Baste once or twice while broiling.
5. Serve, using the remaining marinade as sauce.

© Integrative Nutrition

Fish

Lime Mahi Mahi

Ingredients:

4 portions, 6-8 ounces each, mahi mahi fillets
2 limes, juiced
2 inches fresh ginger root, grated, about 1 1/2
tablespoons
3 tablespoons dark tamari soy sauce
1 tablespoon olive oil
1 lemon
salt and pepper

Prep Time: 5 minutes

Cooking Time: 15 minutes

Yield: 4 servings

Directions:

1. Season mahi mahi fillets with salt and pepper.
2. Combine the lime juice, dark soy sauce, ginger and a little oil in a shallow dish.
3. Turn the mahi mahi in the citrus soy marinade and let it sit for 10 minutes.
4. Preheat skillet on medium-high heat.
5. Cook with marinade for 6 minutes per side for a 1-inch fillet or until fish is firm and opaque.
6. Garnish with a slice of lemon and serve.

© Integrative Nutrition

Pan-Fried Tilapia

Ingredients:

2 8-ounce tilapia fillets
1/2 pound fresh shiitake mushrooms, sliced thinly
3 stalks scallions, sliced thinly
1 teaspoon fresh sage (optional)
1 teaspoon grated lemon peel
5 teaspoons olive oil
salt and pepper to taste

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 2 servings

Directions:

1. In a skillet, heat oil and sage and cook fish 2-3 minutes on each side. Remove from pan.
2. Add shiitake mushrooms.
3. Cook for another 2 or 3 minutes.
4. Remove from heat, place mushrooms over fillets and sprinkle with lemon peel.
5. Garnish with scallions. Serve and enjoy!

© Integrative Nutrition

Fish

Tuna Steaks with a Cucumber Dill Salsa

Tuna, like other large fish (swordfish, salmon, yellow fin, etc) should only be eaten sparingly because of their high concentrations of heavy metals. As a rule of thumb, only have large fish once a week.

Ingredients:

4 tuna steaks
half a large cucumber
1 cup purple kale, finely chopped
2 tablespoons fresh dill, chopped
3 tablespoons olive oil
1 tablespoon red wine vinegar
salt and black pepper

Prep Time: 10 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Directions:

1. Scoop out the seeds of the halved cucumber. Then dice and mix with the dill and kale.
2. Heat a skillet over medium-high heat. Rub a bit of oil on tuna steaks and cook for 2-3 minutes on each side. Time will vary due to thickness and preference. Most enjoy tuna medium-rare, leaving it pink in the middle.
3. Place tuna steaks on plates and top with cucumber salsa.
4. Keep skillet over heat and add oil, vinegar and a pinch of salt and ground pepper to taste. Let sizzle for a few seconds and then drizzle over fish with salsa.
5. Serve immediately.

Variations:

Substitute fennel for the cucumber or bok choy for kale, for a twist.

© Integrative Nutrition