

Recipes makes: 6 servings quinoa, 6 servings fish, 12 servings salsa, 35 servings aioli

Blackened Cod & Quinoa:

Nutrition Facts	
servings per container	
Serving size	(379g)
Amount per serving	
Calories	450
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 710mg	31%
Total Carbohydrate 49g	18%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 26g	

Pineapple Mango Salsa:

Nutrition Facts	
servings per container	
Serving size	(144g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 1g	

Ingredients-

- ♥ 1 cup D'Avolio Tri-Color Quinoa
- ♥ 1 10 oz. can tomato and green chilies (low sodium)
- ♥ 1 diced small onion (1 cup)
- ♥ 1 green bell pepper diced (1 cup)
- ♥ 3 cloves fresh garlic, minced
- ♥ 2 cups frozen corn
- ♥ 1 cup chicken stock or veggie stock
- ♥ 4 oz. cilantro
- ♥ 2 limes
- ♥ 1.5 lbs. fresh or frozen cod
- ♥ ½ cup flour
- ♥ 2/5 cup blackened seasoning
- ♥ 3 oz. D'Avolio Chipotle Olive Oil
- ♥ ¼ cup Habanero hot sauce
- ♥ ½ cup mayonnaise
- ♥ ½ cup sour cream

Pineapple Mango Salsa -

- ♥ 1 pineapple diced
- ♥ 1 mango diced
- ♥ 1 red bell pepper diced
- ♥ 3 hot chilies diced
- ♥ 4 oz. fresh cilantro chopped
- ♥ 4 tsp. D'Avolio Basil Olive Oil
- ♥ 2 oz. pineapple juice

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Habanero Aioli:

Nutrition Facts	
servings per container	
Serving size	(4g)
Amount per serving	
Calories	15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	

PREPARATION:

1. Thaw fish if necessary
2. Dice veggies and open cans and bags of veggies
3. Slice limes into wedges
4. Dice all fruit for salsa and place in a bowl, combine all salsa ingredients and store in fridge until ready to eat
5. Combine $\frac{1}{4}$ cup mayonnaise and $\frac{1}{4}$ cup sour cream and $\frac{1}{8}$ cup hot sauce, whisk together and store in fridge until needed

For quinoa: use a nice semi deep pot with lid

For fish: use a cast iron pan

For stock: use a deep stock pot

6. Stock (if making homemade): using all peels and ends from veggies, cover with water, bring to a boil and simmer for a couple of hours, longer the better, until nice golden stock is formed.

Quinoa

1. Heat pan over high heat, add 1 oz extra virgin olive oil, let heat 30 sec to a minute, add onion and peppers, sauté for a min or two, add garlic, sauté another minute or two, add corn and stir, add tomatoes and stir, add quinoa, stir to combine, add veggie stock, bring to a boil
2. Cover and let simmer for 15 minutes then let stands 3-5 minutes
3. Add cilantro and stir to combine, serve with lime garnish

Blackened Cod: Preheat oven to 350°F

4. Combine flour and blackening seasoning. Coat fish with mix and shake off any excess flour
5. Heat cast iron pan on high, coat with healthy option extra virgin olive oil (2 oz)
6. Place fish in oil, cook 1-1.5 minutes per side. Turn fish over and place in oven for 5-7 minutes to finish cooking (if fish is too skinny then do all on stove top, if bigger fish use oven technique)

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Plating:

- 3.5 oz. scoop of quinoa
- Blackened cod on top of quinoa
- 2 oz. scoop of salsa on side
- Aioli drizzle on fish
- Lime wedge and cilantro leaf garnish

