

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

**Blackened Cod & Quinoa:**

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

**Pineapple Mango Salsa:**

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

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

## Habanero Aioli:

Nutrition Facts	
servings per container	
Serving size	(4g)
Amount per serving	
<b>Calories</b>	<b>15</b>
% 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 ¼ cup mayonnaise and ¼ cup sour cream and 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)

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

**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

