

## 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.

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## 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.

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## Lime Mahi Mahi

<b>Ingredients:</b> 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 avocado oil 1 lemon salt and pepper	<b>Prep Time:</b> 5 minutes <b>Cooking Time:</b> 15 minutes <b>Yield:</b> 4 servings
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### 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.

Recipe adapted from Integrative Nutrition

## Pan-Fried Tilapia

<b>Ingredients:</b> 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 avocado oil salt and pepper to taste	<b>Prep Time:</b> 5 minutes <b>Cooking Time:</b> 10 minutes <b>Yield:</b> 2 servings
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### 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!

Recipe adapted from Integrative Nutrition



## 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 avocado 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.

Recipe adapted from Integrative Nutrition