

Oregano-Crusted Alaska Cod with Greek Quinoa Salad



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 8

Ingredients:

Alaska Cod:

2 lbs. Alaska Cod, 8 ea. 4 oz. portions

½ cup Breadcrumbs, dried

Salt and pepper, as needed

Canola or olive oil spray, as needed

Greek Quinoa Salad: (yields: 4 ½ cups)

¾ cup quinoa

2 cups water

2 tomatoes, small dice

½ English cucumber, small dice

14 Kalamata olives, cut in half

1 clove garlic, minced

1 Tbsp. oregano, fresh

1 tsp. salt

3 Tbsp. olive oil

3 Tbsp. red wine vinegar

¼ cup Italian parsley, finely chopped

8-16 romaine lettuce leaves

Lemon juice, fresh, as needed

Fresh dill, for garnish

Description:

- 1. Alaska Cod:** Pat the cod dry. Pat breadcrumbs onto the fish. Place on a rack and chill for 30 minutes, up to 4 hours.
- 2. Prepare the quinoa:** Rinse the quinoa in cold water several times to remove the bitterness. Place in a saucepan and cover with 2 cups water. Bring to a boil, reduce heat and simmer for 15 minutes. Cool under cold water. Drain thoroughly.
- 3. Salad:** Mix together the cooled quinoa, tomato, cucumber, olives, garlic, oregano, salt, oil, vinegar, and parsley.
- 4. Cooking:** Season fish with salt and pepper. Heat sauté pan, spray with oil and sauté fish until done, approximately 2 minutes per side.
- 5. Assembly:** Arrange salad on dinner plate lined with romaine leaves. Arrange on the Greek Quinoa Salad and sprinkle the cod with lemon juice. Garnish with dill sprigs.