

POACHED COD

SERVES: 1 Prep Time: 15 min. Cooking Time: 8 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1

2½ cups hot water
1 tsp. white wine vinegar
½ cup thinly sliced carrot (approx. 1 medium)
½ cup thinly sliced leek, discard top third of tough green leaves, wash thoroughly
½ cup thinly sliced red potato (approx. 1 medium)
1 clove garlic, smashed
1 bay leaf
1 tsp. sea salt (or Himalayan salt)
¼ tsp. ground black pepper
4 oz. raw cod
1 lemon wedge
½ tsp. chopped fresh parsley

1. Combine water, vinegar, carrots, leeks, potatoes, garlic, bay leaf, salt, and pepper in a medium nonstick skillet or pot. Bring to a boil over medium heat; reduce heat to a gentle simmer.
2. Add cod and gently simmer for 6 to 8 minutes, or until fish is opaque and a thermometer inserted at its thickest point reads 145° F. Remove fish; set aside.
3. Remove potatoes, leeks, and carrots with a slotted spoon. Drain vegetables thoroughly; arrange on serving plate. Top with fish; squeeze lemon over fish; garnish with parsley.
4. Serve immediately, or store refrigerated in an airtight container for up to 4 days.

RECIPE NOTE:

Most of the sodium is lost once fish and vegetables are removed from the salted water.

NUTRITIONAL INFORMATION (per serving): Calories: 207 Total Fat: 1 g Saturated Fat: 0.5 g Cholesterol: 49 mg Sodium: 417 mg Carbohydrates: 27 g Fiber: 5 g Sugars: 6 g Protein: 23 g