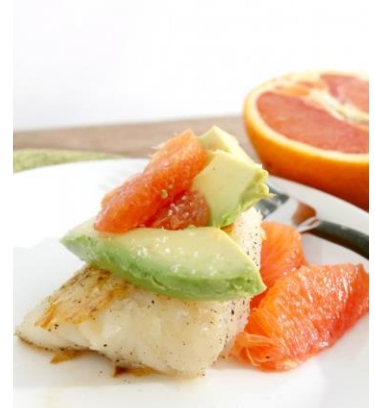


Orange Avocado Cod

Ingredients:

- 1 tsp canola oil
- 1.5 lb. fresh cod fillet, divided into 4 pieces
- 1 avocado sliced
- 1 orange, cubed
- Salt, lemon pepper and garlic powder to taste



Directions:

1. Rinse, pat dry cod and season with salt, lemon pepper and garlic powder on each side.
2. In a sauté pan, heat canola oil over medium-high heat until glistening, not smoking.
3. Add the fish and simmer 4-5 minutes, until the edges begin to turn white and the underside begins to turn a golden brown.
4. Flip cod and cook an additional 4-5 minutes or until fish is thoroughly cooked.
5. Remove cod from pan and divide onto four dishes.
6. Top each cod with 1 thin slice of avocado and 1 small orange cube.

Nutrition Information:

Serving size*: 1 cut fillet

Servings per recipe: 4

Calories per serving: 250

Total fat per serving: 10g

Total protein per serving: 32g

Total carbohydrates per serving: 11g

Nutritional Benefits:

Cod is very low in saturated fat and is a good source of Vitamin B12, Niacin and Potassium.

*Serving size that is suggested for post-operative bariatric patients

Recipe adapted from: Rawn, J.S. (2016). Pan Sautéed Cod with Avocado and Orange. *My Cape Cod Kitchen*. Retrieved from <http://www.yummly.com/recipe/external/Pan-Sauteed-Cod-with-Avocado-and-Orange-1472433>

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