



DINNER

Spicy, Smokey Wild Cod

Enjoy the flavors of this Latin-inspired fish dish as is or in a tortilla with a fresh grated slaw of cabbage, onions, tomatoes, and cilantro.

YIELD: Serves 2

INGREDIENTS

2 fillets of wild cod

1 tablespoon of *Toasted Latin Spice Blend™*
(See next page.)

1/4 cup of homemade mayonnaise or a good quality prepared variety

2 teaspoons of lime juice

Pinch of sea salt

2 cups of toasted pistachios (crushed)

DIRECTIONS

1. Preheat oven to 350°F.
2. Remove any pin bones from the fish fillet and place onto a baking dish.
3. In a small bowl mix together the *Toasted Latin Spice Blend™* with mayonnaise and lime juice. Taste and adjust seasonings as desired.
4. Brush spiced mayonnaise mixture generously onto one side of the cod fillets.
5. Top with crushed pistachios and pat down
6. Bake for 8 minutes or until the fish flakes easily with a fork.



NUTRITION GEM

Health Benefits of Cod, Pistachios & Limes

Cod is a versatile white fish that can be quite nice cooked in olive oil, garlic, and lemon.

Cod — Cod is a good source of protein, omega-3 fatty acids, vitamin D, and vitamin B12, good for heart health, brain function, and overall well-being.

Pistachios — Pistachios are a good source of protein, fiber, healthy fats, and antioxidants, contributing to improved heart health, blood sugar management, weight management, eye and digestive health.

Limes — Limes have concentrated vitamin C content and bioflavonoid antioxidants to mitigate infection, improve digestion, support the immune system, promote healthy skin, and protect against chronic diseases.



DINNER

Toasted Latin Spice Blend

The spices for this chili powder blend are toasted to intensify their flavors.

YIELD: About 3/4 cup

INGREDIENTS

- 2 tablespoons cumin seeds
- 2 tablespoons coriander seeds
- 1 tablespoon chili flakes
- 2 teaspoons black peppercorns
- 2 tablespoons sweet paprika
- 2 tablespoons smoked paprika
- 1 teaspoon cinnamon
- 2 teaspoons of oregano
- 2 teaspoons thyme
- 2 teaspoons sea salt
- 1/2 teaspoon allspice

DIRECTIONS

1. Toast cumin and coriander seeds, chili flakes, and black peppercorns in a dry sauté pan over low heat until aromatic. Transfer toasted spices onto a cold plate.
2. Grind spices to a powder using a mortar and pestle or spice grinder.
3. Pour ground spices into a bowl and mix in remaining spices: sweet and smoked paprika, cinnamon, oregano, thyme, sea salt, and allspice.
4. Store in an airtight container in a cool, dark place.



NUTRITION GEM

Health Benefits of Spices

Across time and culture, people have grown and blended local and exotic spices.

Cumin — Cumin has rich antioxidant and anti-inflammatory properties to improve digestion, blood sugar control, heart health, and contribute to weight management.

Coriander — Coriander is the seed of cilantro with antimicrobial and anti-inflammatory properties that lowers blood sugar, aids digestion, and promotes detoxification.

Chili Powder — Chili powder, rich in capsaicin helps lower inflammation, boost metabolism, improve digestion, and potentially aid in weight loss. A good source of vitamins A and C, important for immune function and overall health.