



Recipes

Fish

Stir-Fried Seafood with Asparagus

Prep and Cook Time: 25 minutes

Serves 4

This easy-to-prepare recipe adds a combination of flavors that is both complex and delicious to your Healthiest Way of Eating. It is also a very good source of health-promoting vitamins D, K and B12.

Ingredients:

- 1 medium onion, cut in half and sliced medium thick
- 1 TBS chicken or vegetable broth
- 1 TBS minced fresh ginger
- 3 medium cloves garlic, chopped
- 2 cups fresh sliced shiitake mushrooms
- 1 bunch thin asparagus, cut in 2" lengths (discard bottom fourth)
- ¼ cup fresh lemon juice
- 2 TBS tamari (soy sauce)
- 2 TBS mirin wine
- pinch red pepper flakes
- ¾ lb cod fillet cut into 1 inch pieces
- 8 large scallops
- 8 large shrimp, peeled and deveined
- 1 cup cherry tomatoes cut in quarters
- ¼ cup chopped fresh cilantro
- salt and white pepper to taste

Directions:

1. Slice onion and chop garlic and let sit for 5-10 minutes to enhance its health-promoting benefits.
2. Heat 1 TBS broth in a stainless steel wok or 12 inch skillet. Healthy Stir-Fry onion in broth over medium high heat for 2 minutes, stirring constantly. Add ginger, garlic, mushrooms and asparagus. Continue to stir-fry for another 3 minutes, stirring constantly.
3. Add lemon juice, tamari, mirin, red pepper flakes, cod, scallops, and shrimp and stir to mix well. Cover and simmer for just about 5 minutes stirring occasionally on medium heat.
4. Toss in tomatoes, cilantro, salt and pepper. Serve.

Serving Suggestions:

Serve with **Brown Rice**. Make sure all of your ingredients are ready before beginning to stir-fry. Once you begin to cook it goes very quickly, and the key to the success of this recipe is not overcooking the ingredients. Use a cod filet that is about 1 inch thick. This will keep it from falling apart. Large shrimp usually come 26-30 per pound. By using this size shrimp with large scallops and thick-cut cod they all cook in about the same amount of time. This dish is meant to be served with ingredients cooked very lightly. If you cannot find thin asparagus, increase the cooking time from one to two minutes before adding the fish. This way the asparagus can cook without overcooking the rest of the ingredients.