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# COD WITH BROCCOLI AND QUINOA PILAF

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1 teaspoon	Olive oil
1 medium	Sweet onion, chopped
½ cup	Quinoa
2 cups	Broccoli, chopped
¼ cup	Raisins
¼ cup	Roasted almonds, sliced, slivered or chopped
2	Green onions, sliced
2 3-ounce pieces of	skinless cod, halibut, or striped bass filet
¾ teaspoon	Paprika
1 teaspoon	Bouillon
	Salt and pepper

- Heat 1 teaspoon of the oil in a medium saucepan over medium high heat.
- Add the onion and season with ¼ teaspoon salt and ¼ teaspoon pepper.
- Stir onions occasionally for 3-4 minutes, or until they are softened and slightly brown.
- Add quinoa, ¾ cup water, and bouillon to the saucepan.
- Let it come to a boil, and then reduce heat to low.
- Cover saucepan with lid and simmer gently until almost all water has evaporated, about 9-10minutes.
- After that, fold the broccoli and raisins into the quinoa.
- Cover saucepan and cook another 8-10minutes, or until the broccoli is tender.
- While the broccoli is cooking, cook the fish.
- Start by seasoning the cod with paprika, ¼ teaspoon salt, and ¼ teaspoon pepper.
- Spray a large skillet with non-stick cooking spray. Heat the skillet up to medium-high heat.
- Cook the fish for about 3-4 minutes per side, or until opaque throughout.
- Remove from stove and put on plate.

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- Lift lid on saucepan. Fold in the almonds, green onions, ¼ teaspoon salt and ¼ teaspoon pepper.
  - Serve with the fish and enjoy!

2 servings

*Per serving: 337 Calories*

*10 grams Fat (5.5g mono, 2.6g poly, 1g saturated)*

*38 grams Total Carbohydrate*

*9 grams Dietary Fiber*

*30 grams of Protein*