



Baked Cod with Sautéed Vegetables

INGREDIENTS

1.5 lbs. Cod Fish
1 large turnip, sliced (approx. 1 c)
4.5 c Chinese or Nappa Cabbage, chopped
1.5 c carrots, sliced
2.5 c celery, sliced
3 garlic cloves. sliced
1 t salt
1/8 t black pepper
1//2 t turmeric
pinch of cumin
Magic 3 - olive oil, salt, pepper

INSTRUCTIONS

1. In a large sauté pan, add oil, carrots, celery, garlic and season with salt and pepper. Sauté until softened, then add cabbage. Cook til wilted.
2. Season the cod fillets with turmeric, cumin, salt and pepper. Then make a spot in the pan by moving the vegetables to create a hole to place the fish. Add a drop of oil to ensure the fish does not stick.
3. Cook on the stovetop for a few minutes then place in a 350 degree oven for 15-20 minutes depending on the thickness of the fish.

Serving suggestions: Black Rice and Wild Mushrooms