



Pecan-crusted Cod with Lemony Spinach & Quinoa

Pecans, almonds, walnuts, and hazelnuts are popular nuts that can be used in place of breadcrumbs to create a delicious crust on fish. These nuts will add heart-healthy fats, along with protein, fiber, and vitamins and minerals like magnesium and vitamin E.

Cooking level: **Intermediate**

Contains: tree nuts

Servings:
4

Prep time:
10 minutes

Cook time:
15 minutes

Total time:
25 minutes



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What you'll need

- Baking sheet or rimmed baking sheet
- Parchment paper
- Small mixing bowl
- Large mixing bowl

Ingredients

Pecan-crusted cod filets

- Four 6 oz. portions wild-caught cod
- Kosher salt and ground black pepper
- 2 tbsp. Dijon mustard
- ½ cup finely chopped pecans (or almonds, walnuts, or hazelnuts)*

Lemony spinach & quinoa

- ¾ cup dry quinoa*
- 6 cups fresh baby spinach
- ½ cup extra virgin olive oil
- 1 tsp. salt
- ½ tsp. black pepper
- Juice of 1 lemon

*Important note: Nuts and quinoa may be triggering during flare-ups.

Disclaimer: Information purposes only. The recipes and grocery guides are not intended to diagnose, treat, cure, or prevent any disease. Please consult with a healthcare professional regarding any medical or health-related diagnosis or treatment options.

Cooking steps

- 1 Preheat the oven to 400°F.
- 2 Cook ¾ cup dry quinoa per package directions.
- 3 While the quinoa is cooking, place the **four 6 oz. cod filets**, skin side down, on a spray-coated baking sheet or rimmed baking sheet with parchment paper. Generously brush the top of the filets with **2 tbsp. Dijon mustard** and then sprinkle generously with **salt and pepper**.
- 4 Evenly press ½ cup of **chopped pecans** thickly on top of the Dijon mustard on each cod filet. Bake cod filets until completely opaque throughout, approximately 12-15 minutes.
- 5 Prepare lemon vinaigrette by whisking together ½ cup **extra virgin olive oil**, **fresh lemon juice**, and **salt and pepper** in a small bowl.
- 6 Fluff the cooked quinoa while it is still warm and transfer it to a larger mixing bowl to be combined with **6 cups of baby spinach leaves**.
- 7 Toss both the cooked quinoa and spinach with the lemony vinaigrette.
- 8 When ready, remove the baked cod filets from the oven and serve immediately with a generous spoonful of the lemony spinach and quinoa mixture.



Nutritional info

Pecan-crusted Cod with Lemony Spinach & Quinoa (per serving)

Calories	571
Total fat	39 g
Saturated fat	5 g
Cholesterol	83 mg
Sodium	625 mg
Carbohydrate	23 g
Fiber	5 g
Sugar	0 g
Protein	34 g