

LENT MEAL

By Chef Rulis of
Rulis' International Kitchen
30 Min | 4 servings

Healthy and Delicious

Ingredients:

- 1/2 cup quinoa
- bouillon of your choice
- 1 cup of water
- fresh basil
- white cod fish
- olive oil
- lemon juice
- sea salt
- mexican squash
- lemon pepper or margarita seasoning
- Za'atar seasoning:
 - 2 tbsp toasted sesame seeds
 - 1 tbsp dried thyme or oregano
 - 1 tbsp ground cumin
 - 1/4-1/2 tsp sea salt
 - 1 1/2-2 tbsp sumac or lemon juice or zest

Preparation:

1. Starting with the marinade, mix the Za'atar seasoning with olive oil and lemon juice. Spoon the marinade onto your cod fish and let marinate for 20 minutes.
2. While the cod is marinating, add 1 cup of water and a bouillon of your choice to a pot. Bring to a boil and add 1/2 cup quinoa. Cover and let the quinoa simmer for 20 minutes. Once the quinoa is ready, leave the pot lid on for an additional 15 minutes to allow it to rest. Season with olive oil, salt, and fresh basil to your liking.
3. While waiting for the quinoa to rest, dice the squash and sauté with lemon pepper or margarita seasoning.
4. Once the cod is done marinating, pan roast your fish on medium heat for 2 to 3 minutes on each side.
5. Now everything is ready to plate. Top with a lemon slice if desired.



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