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ALASKA COD WITH BLACK BEAN & CORN SALAD

Prep time: 10 minutes

Cook time: 15 minutes

Servings: 4

1 quart (32 oz.) vegetable broth
1-1/2 to 2 teaspoons adobo seasoning (found in Mexican section of grocery stores)
2 teaspoons ground cumin
1-1/2 teaspoons dried oregano
2 large garlic cloves, thinly sliced
2 Tablespoons canned diced jalapeños or 1 small fresh jalapeño, seeded and diced
4 Alaska Cod fillets (4 oz. each), fresh, thawed or frozen
1 can (15 oz.) black beans, drained and rinsed
1 can (15 oz.) whole kernel corn, drained
4 oz. (1 cup) bell peppers, slivered
1/4 cup chopped cilantro

DRESSING (if desired, for salad):

2 Tablespoons rice vinegar
1 Tablespoon oil
1 teaspoon minced garlic
1/2 teaspoon ground cumin
1/2 teaspoon adobo seasoning
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon dried oregano

In a large (12-inch) nonstick pan or stockpot, cook vegetable broth, adobo seasoning, cumin, oregano, garlic and jalapeños over medium heat for 2 to 4 minutes. Rinse any ice glaze from frozen Alaska Cod fillets under cold water. Turn off heat and gently add seafood to liquid, skin side down. Return heat to a simmer.

Once simmering, cover pan and cook 4 to 5 minutes for frozen seafood or 2 minutes for fresh/thawed fish. Turn off heat and let seafood rest 5 minutes or until seafood is opaque throughout. Remove fish; cover and keep warm.

In a separate bowl, combine black beans, corn, bell pepper and cilantro. Blend dressing ingredients; pour over vegetables and stir gently. Serve seafood portions with black bean salad.

Nutrients per serving: 316 calories, 6g total fat, 0.5g saturated fat, 17% calories from fat, 42mg cholesterol, 28g protein, 36g carbohydrate, 9g fiber, 2897 sodium, 72mg calcium, and 600mg omega-3 fatty acids.