



Citrus-Tomato Fish over Quinoa

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 6 ounces fish with a quarter of the quinoa and the citrus-tomato mixture

Ingredients

- 1 cup uncooked quinoa, rinsed
- 2 cups (16 ounces) low-sodium vegetable or chicken broth
- 2 tablespoons olive oil, divided
- 2 cloves garlic, minced (about 1 teaspoon)
- ½-inch piece ginger, peeled and minced or grated (about ½ teaspoon ginger paste, or a pinch of ground dried ginger)
- 1 pint grape or cherry tomatoes, halved (about 2 cups)
- ½ teaspoon salt, divided
- 1 orange, peeled, sectioned, and cut into small chunks
- 4 (6-ounce) fish fillets (e.g. cod, tilapia, salmon)
- ¼ teaspoon ground black pepper

Directions

1. Add the quinoa and broth to a small saucepan. Bring to a boil, then reduce to a simmer. Cover with a lid and cook until the quinoa is fluffy and tender, about 10-15 minutes.
2. Meanwhile, heat a medium nonstick skillet over medium heat. Add 1 tablespoon of the oil and heat until shimmering.
3. Add the garlic and ginger. Cook for 30-60 seconds.
4. Add the tomatoes and ¼ teaspoon of the salt. Cook, stirring often, until they start to break down, about 3-5 minutes.
5. Add the orange pieces and cook, stirring often, until heated through, about 1-2 minutes.
6. Transfer the citrus-tomato mixture to a plate or bowl and cover to keep warm. Place the pan back over the heat.
7. Pat the fish dry with paper towels. Sprinkle the remaining ¼ teaspoon salt and the black pepper on both sides.
8. Add 1 tablespoon oil to the pan and heat until shimmering.
9. Place the fish in the pan. Heat until fish is cooked through and flakes easily with a fork, about 2-4 minutes per side.
10. Portion the quinoa, fish, and citrus-tomato mixture into four dishes, then serve warm.

Nutrition Facts Per Serving: Calories: 445 | Total Fat: 11.5 g | Saturated Fat: 1.5 g
Sodium: 465 mg | Total Carbohydrate: 37.5 g | Dietary Fiber: 5 g | Protein: 47 g

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