



## Asian Flounder with Snow Peas and Baked Potato ~ choose one side item to complete your meal

### Asian Flounder

4 servings

4, 6 oz	Fresh flounder fillets
2 Tbsp	Fresh ginger root, peeled and grated
2 Tbsp	Soy sauce, reduced sodium
1 Tbsp	Canola oil
8 oz	Fresh snow peas



Place fish fillets on a flat dish. Mix together ginger, soy sauce and  $\frac{1}{2}$  Tbsp oil. Then, pour sauce over top of fish, cover and let flavors develop for 30-60 minutes in refrigerator. Heat oven broiler. Place fish on a broiler pan and broil about 2 inches from heat source for 3 minutes per side. Fish will flake with a fork when done. While fish is cooking, heat remaining  $\frac{1}{2}$  Tbsp oil in a non-stick skillet and stir fry snow peas for 2 minutes. Serve fish on top of snow peas.

### Recipe Nutrition per serving (chicken and rice)

198 calories; 30 gm protein; 5 gm carbohydrate; 5 gm total fat; 1 gm saturated fat; 80 mg cholesterol; 2gm fiber; 392 sodium

**To Make Baked Potato:** Wash potato in tap water. Pierce the skin several times with a fork. Place in a 425 degree oven (or microwave oven). Cook for 45-60 minutes (conventional oven) or 15-20 minutes (microwave oven). Potato is done when soft if poked with a fork. Cooking time depends on size of potato.

### Side Items:

**1. Steamed Fresh Cabbage (red or green)** – Affordable, staple ingredient: Fresh cabbage

To Make: Wash cabbage. Cut cabbage into 2 “ length pieces and place in a saucepan. Add  $\frac{1}{4}$  -  $\frac{1}{2}$  cup water and cover. Cook on medium heat until cabbage is fork-tender. Drain water and dust with salt & pepper to taste.

**2. Onion Flavored Green Beans or Broccoli** – Affordable, staple ingredient: LFS Frozen Green Beans or LFS Frozen Broccoli Cuts

To Make: Chop up  $\frac{1}{2}$  small onion for topping. Cook frozen green beans or broccoli according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

**3. Orangey Carrots** – Affordable, staple ingredient: Fresh carrots

To Make: Peel and wash carrots. Cut each carrot into coin-shaped pieces, about  $\frac{1}{2}$  “ wide. Place in a saucepan and cover with water. Cook on medium high until carrots are fork-tender. Drain water. Add  $\frac{1}{4}$  cup orange juice and/or 1 tsp orange zest and stir.