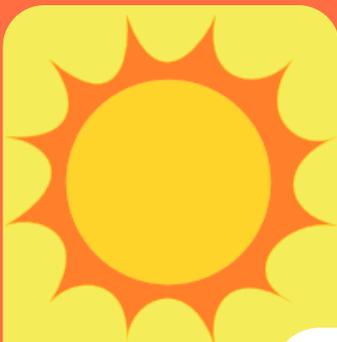


# Heart Healthy Dinner Recipe of the Month: June 2016



## Nutritional Information (ESTIMATED)

Serving Size:  
4

Calories 258

Total Fat 2.2g  
(3%)

Cholesterol 94mg  
(31%)

Sodium 232mg  
(10%)

Potassium 977mg  
(28%)

Total Carbs 16.6g  
(6%)

Dietary Fiber 3.2g  
(13%)

Sugars 3.9g

Protein 44.0g

\*Based on a 2000  
calorie diet

## Grilled Cod with Pepper Stir-Fry

Serves 4

### Ingredients

4 6 oz. cod fillets  
6 green onions, chopped  
2 red bell peppers, sliced  
2 yellow bell peppers, sliced  
4 oz. sugar snap peas, halved  
1 large carrot, peeled and cut into long strips  
8 oz .bean sprouts  
Finely grated zest and juice of 1 lime  
Low-fat cooking spray  
Freshly ground black pepper (to taste)  
Soy sauce (to taste)



### Directions

1. Preheat the grill (or the broiler). Cover the grill rack with tin foil and arrange the cod fillets on top. Sprinkle with the lime zest, lime juice, and some green onions. Grill for 6 to 8 minutes until cooked (flesh will be opaque and flake easily).
2. Meanwhile, spray a large frying pan or wok with low-fat cooking spray and heat for a few moments over a high heat. Add the bell peppers, remaining green onions, sugar snap peas and carrot. Stir-fry for 3 to 4 minutes. Add the bean sprouts and continue to stir-fry for 1 or 2 more minutes.
3. Divide the stir-fry between four plates and top each one with a cod fillet. Add black pepper and soy sauce to taste. Serve and enjoy!