



Gyro Styled Cod Salad

Fresh Greek seasoned cod in a “cool” supper salad

Enjoy the benefits of omega-3 fatty acid from cold-water fish; it may help reduce the risk of developing eye disease later in life.

- 1/2 small red onion, thin sliced
- 12 ounces fresh cod or halibut patted dry
- 1-1/2 Tablespoons olive oil, divided
- 2 teaspoons Greek seasoning
- 1/8 teaspoon ground red pepper, optional
- 1-1/2 cups cooked red quinoa
- 2 to 3 cups baby spinach
- 2 medium tomatoes, cut into wedges
- 1 cup cucumber, halved lengthwise, thinly sliced
- 8 Kalamata seedless olives
- Lemon juice as desired

Fresh dill weed, season as desired

Cucumber Dill (Tzatziki) Sauce – See recipe below

To remove strong red onion flavor: Place red onions in small microwave safe container; cover with water; microwave on high heat 1 minute; set aside. Drain off water before serving.

Cut cod into serving slices; pat dry with paper towels. Coat fish with 1/2 Tablespoon olive oil; sprinkle generously with Greek seasoning and red pepper if desired.

Place 1 Tablespoon olive oil in hot nonstick skillet; add seasoned cod; cook for 3 to 4 minutes per side or until fish flakes. If pieces are very thin, reduce cooking time. Set cooked cod aside. Scrape up any browned bits to serve over fish.

Prepare salad platter: Spread cooked red quinoa over dish; line with fresh baby spinach leaves. Add tomatoes, cucumbers, well-drained red onions, and olives. Drizzle vegetables with lemon juice; sprinkle with dill weed and Greek seasoning as desired. Layer the fish pieces over the salad. Sprinkle fish with any browned bits and minced fresh dill. Add a dollop of prepared cucumber dill sauce on the side of platter; serve remaining sauce in separate bowl. Serves: 2

Cucumber Dill (Tzatziki) Sauce

1/2 cup Greek yogurt

1/2 cup diced cucumber, peeled, seeded

1/2 Tablespoon chopped fresh dill

1 garlic clove, minced

1/2 teaspoon lemon zest

1/2 Tablespoon lemon juice

1/2 teaspoon salt; 1/4 teaspoon black pepper or to taste

Prepare Sauce: In small bowl, combine all sauce ingredients together; set aside.

Cook's Note: Cut cod into individual serving slices. Many Greek dishes use cod or salted cod, but your favorite fish can be substituted. I used red quinoa, but any variety can be used. If you don't have Greek seasoning, combine oregano, lemon zest, dried garlic, and a touch of mint. Also season with salt and black pepper to taste.

About the Recipe: Mediterranean foods are known to be healthy choices for meals. This main dish salad can be served on a dinner plate or use the popular bowl style. The main dish salad is light and very refreshing, especially with the cucumber dill sauce.