



Triple Citrus Ginger Black Cod¹

Serves: 4 | Prep Time 15 minutes | Cook Time 20 minutes + 20 minutes to marinate

This tempting wild-caught cod entrée is both flavorful and healthful. Cod is an excellent source of protein, which supports the structure and function of body tissues, and also provides anti-inflammatory omega-3 fatty acids, iron, and vitamins D and B-12. Cod is considered a "Best Choice Fish" by the FDA with regard to mercury content.² "Seafood, which includes fish and shellfish, provides high-quality protein and long-chain omega-3 fatty acids—EPA and DHA—that support cardiometabolic and neurocognitive health."³ Visit RealFood.gov for a summary of new federal guidance encouraging Americans to avoid highly processed foods and choose real, nutrient-dense foods to support long-term health.

½ cup freshly squeezed orange juice
2 tablespoons freshly squeezed lime juice
2 tablespoons freshly squeezed lemon juice
1 tablespoon extra-virgin olive oil
Zest of 1 orange
Zest of 1 lemon
½ teaspoon minced fresh ginger
Pinch of cayenne
4 (3.5-ounce) wild-caught cod fillets (may substitute halibut or other white fish)
½ teaspoon sea salt
1 teaspoon Dijon mustard
1 teaspoon honey
¼ cup coarsely chopped fresh flat-leaf parsley or mint

1. Preheat the oven to 400°F.
2. In a small bowl or large glass measuring cup, whisk together orange juice, lime juice, lemon juice, olive oil, orange zest, lemon zest, ginger, and cayenne. Place the cod in a baking dish and season each piece with ⅛ teaspoon of salt. Pour half of the orange juice mixture over the cod and turn to coat well. Cover and marinate in the refrigerator for 30 minutes.
3. Remove the cod from the refrigerator, uncover, and add 2 tablespoons of water to the baking dish. Bake just until the fillets are tender and an instant-read thermometer inserted into the center of each fillet registers 137°F; this will take 10 to 15 minutes, depending on the thickness of the fillets.
4. Meanwhile, combine the remaining orange juice mixture and the mustard in a small saucepan over medium heat and simmer until the liquid is reduced by half. Pour the reduction over the fillets, sprinkle with the parsley, and serve immediately.

Storage: Store tightly wrapped in an airtight container in the refrigerator for 1 to 2 days.



Per Serving: Calories: 130; Total Fat: 4.3 g (0.7 g saturated, 2.6 g monounsaturated); Carbohydrates: 5 g; Protein: 18 g; Fiber: 0 g; Sodium 370 mg.

Works Cited

1. Katz, Rebecca, and Mat Edelson. *The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery*. 2nd ed., Ten Speed Press, 2017.
2. U.S. Food and Drug Administration. *Advice about Eating Fish*. 2021, www.fda.gov/food/consumers/advice-about-eating-fish
3. U.S. Department of Health and Human Services and U.S. Department of Agriculture. The Scientific Foundation for the Dietary Guidelines for Americans, 2025–2030. realfood.gov, 2025. PDF.