Braised Cod with Bok Choy\*  
Cod, a cold water fish, is lower in calories than many other types of oily fish. Cold water fish are incredibly beneficial for people with heart disease and atherosclerosis.  
serves 4

Ingredients  
2 Tbsp coconut aminos or low sodium soy-sauce  
2 Tbsp dry white wine  
1/2 clove garlic, minced  
1 tsp minced fresh ginger  
1 head of bok choy, trimmed and coarsely chopped  
4 cod fillets, 4-6 oz each

Preparation  
1. Stir 2 tbsp soy sauce, wine, garlic and ginger together in a small bowl and set aside.  
2. Immerse bok choy in a bowl of water.  
3. Lift from water to a large sauté pan and place over medium-high heat, add ¼ cup water, cover, and reduce heat to low.  
4. Cook until tender, 4-5 minutes.  
5. Pour off liquid, return to low heat, and stir in soy sauce mixture.  
6. Place fish fillets on top of bok choy, cover and cook until fish is opaque throughout, about 4 minutes.  
7. Serve accompanied with soy sauce.