

## Jamaica: Ackee and Saltfish

### Ingredients:

- 1 lb dried salt cod
- 2 tbsp canola oil
- 1 tbsp. fresh thyme leaves
- 4 cloves garlic, finely chopped
- 1 large yellow onion, chopped
- 1 tomato, cored and chopped
- 1 each red and green bell pepper, stemmed, seeded, and chopped
- 1/2 Scotch bonnet or habanero chili, stemmed, seeded, and finely chopped
- 2 scallions, thinly sliced
- 1 19-oz can ackee, rinsed and drained
- Kosher salt and freshly ground black pepper, to taste



### Preparation:

Place cod in a 2-qt. saucepan, and cover by 2" with cold water; bring to a boil over high heat, and cook for 20 minutes. Drain cod, return to saucepan, and repeat process twice more. Transfer cod to a bowl and flake with a fork into large chunks; set aside.

Heat oil in a 12" skillet over medium-high heat; add thyme, garlic, onion, tomato, peppers, and chile, and cook, stirring, until soft, about 10 minutes. Add reserved cod, the scallions, and ackee, and cook, stirring gently to keep cod and ackee in large pieces, until warmed through, about 5 minutes. Season with salt and pepper.

Source: yummlly.com

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**Servings:** Makes 6 –8 servings

**Prep time:** 30 minutes

**Cook time:** 30 minutes

### **Nutrition Facts (per serving):**

330 calories, 6g fat, 16g carbohydrates, 50g protein, 4g fiber, 5450mg sodium, 1540mg potassium



For more information contact a specialist at **800.932.0034** or email [askthepros@acispecialtybenefits.com](mailto:askthepros@acispecialtybenefits.com)