**Cod with Teriyaki and Rice Pilaf**

**Produce**

garlic (if needed)

yellow onion (if needed)

one bunch green onions

1 package baby arugula

one bunch cilantro

1 carrot

1 lemon

1 lime

3 oz. dried tart cherries

1 piece ginger root

**Canned/Dried Foods**

brown rice (if needed)

low-sodium vegetable broth (if needed)

sesame oil (if needed)

low-sodium soy sauce

rice wine vinegar (if needed)

Asian garlic pepper sauce (if needed)

brown sugar (if needed)

honey (if needed)

**Frozen Foods**

**frozen peas *(if needed)***

**Meat/Fish/Poultry**

1 lb. sable fish or cod (3 equal filets)

**Chilled Foods/Dairy**

orange juice (if needed)