



**Fitness with PJ**  
MAKING YOU FIT. FOR LIFE.

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## **Asian Winter Slaw**

### **Serves: 8**

3 tablespoons unseasoned rice vinegar  
2 tablespoons white miso  
1 tablespoon minced peeled fresh ginger  
a little less than a 1/4 cup vegetable oil  
1 16-ounce bag broccoli slaw  
3 large green onions, thinly sliced  
1/2 cup chopped fresh cilantro

Whisk vinegar, miso, ginger, and oil in small bowl. combine slaw, green onions, and cilantro in large bowl. toss with dressing. You can also save the dressing and take this to work for lunch the day and mix together just before serving. I also like to add pumpkin seeds to this and diced cold chicken if I am eating this as a stand alone meal (of course this would change the calorie count as shown below).

*Calories per serving: 90*

*Fat: 7g*

*Fiber: 3 g*

## **Salmon with Hoison, Orange and Bok Choy**

### **Serves; 2**

2 heads of baby bok choy, each cut lengthwise into 6 wedges  
2 5-to 6-ounce salmon fillets  
2 tablespoons fresh orange juice  
1 green onion, thinly sliced  
1 tablespoon hoisin sauce  
1 teaspoon minced peeled fresh ginger  
1/2 teaspoon finely grated orange peel  
3/4 teaspoon cracked coriander seeds  
1/4 cup fresh cilantro leaves

Preheat oven to 425°F. Form bed of bok choy in center of each of two 12-inch square pieces of foil. Top bok choy with fish. Mix orange juice, green onion, hoisin, ginger, and orange peel in small bowl. Spoon mixture over fish, dividing equally. Sprinkle with salt and coriander. Top with cilantro. Fold up foil sides and pinch tightly to seal above fish and at both ends of packets, enclosing contents completely. Place packets on baking sheet. Bake until fish is just opaque in center, 12 to 14 minutes. Transfer packets to plates and serve.

*Calories per serving: 262*

*Fat: 10.5g*

*Carbs: 6.9g*

*Protein: 32.8g*

*Fibre: .9g*

*Total Sugars: 4.5g*