15-Minute Steamed Halibut with Bok Choy

This dish is a great example of how you can prepare several foods at one time by steaming them all together. You come out with a great tasting meal in only takes a matter of minutes! The variety of foods also increases the number of nutrients you will derive from this meal. Enjoy!

Prep and Cook Time: 15 minutes
4 pieces of halibut filet, or steaks, about 5-6 oz each  
1 medium onion, cut in half and sliced medium thick  
5 cups chopped bok choy, cut into 1/2-inch slices (remove tips of leaves and discard)  
2 cups thickly sliced fresh shiitake mushrooms, 1/2-inch thick), stems removed  

**Dressing**  
1/3 cup minced scallion  
3 medium cloves garlic, pressed  
1 TBS finely minced fresh ginger  
3 TBS fresh lemon juice  
1 TBS soy sauce  
1 TBS extra virgin olive oil  
salt and white pepper to taste

Slice onion, chop bok choy, and press garlic and let them sit for at least 5 minutes to bring out their health-promoting properties.  
Mix together dressing ingredients in a bowl and set aside.  
Add 2-inches of water to the bottom of a steamer and bring to a boil.  
Sprinkle a little salt and white pepper over halibut before steaming. Layer the onion, mushrooms, and halibut (in this order) in the steamer basket. Cover, and steam for about 3 minutes. Add bok choy and steam for 3 more minutes  
Serve on a platter with halibut nestled on top of vegetables and drizzle dressing over all of it. Serves 4

**Serving Suggestion:**
Serve with Seaweed Rice
Healthy Food Tip

The Latest News about Cabbage
Cancer prevention tops all other areas of health research with regard to cabbage and its outstanding benefits. More than 475 studies have examined the role of this cruciferous vegetable in cancer prevention (and in some cases, cancer treatment). The uniqueness of cabbage in cancer prevention is due to the three different types of nutrient richness found in this widely enjoyed food. The three types are (1) antioxidant richness, (2) anti-inflammatory richness, and (3) richness in glucosinolates.

What's New and Beneficial About Cabbage

- Cabbage can provide you with some special cholesterol-lowering benefits if you will cook it by steaming. The fiber-related components in cabbage do a better job of binding together with bile acids in your digestive tract when they've been steamed. When this binding process takes place, it's easier for bile acids to be excreted, and the result is a lowering of your cholesterol levels. Raw cabbage still has cholesterol-lowering ability-just not as much as steamed cabbage.

- Researchers now realize that different types of cabbage (red, green, and Savoy) contain different patterns of glucosinolates. This new knowledge means that your broadest health benefits from cabbage are likely to come from inclusion of all varieties in your diet.

- Cabbage in general-but also Savoy cabbage in particular-turns out to be an especially good source of sinigrin. Sinigrin is one of the cabbage glucosinolates that has received special attention in cancer prevention research. The sinigrin in cabbage can be converted into allyl-isothiocyanate, or AITC. This isothiocyanate compound has shown unique cancer preventive properties with
respect to bladder cancer, colon cancer, and prostate cancer.

- In one recent study, short-cooked and raw cabbage were the only types of cabbage to show cancer-preventive benefits-long-cooked cabbage failed to demonstrate measurable benefits.

- New research shows that steaming is a better cooking method than microwaving if you want to maximize the health benefits of glucosinolates found in cabbage. That's because two minutes of microwaving destroys the same amount of myrosinase enzymes as seven minutes of steaming, and you need those myrosinase enzymes to help convert cabbage's glucosinolates into cancer-preventive compounds.

- Our Healthy Sauté method, which we recommend for cabbage, is very similar to steaming and enhances the flavor of cabbage.

Source: here
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