



ALMOND-&-LEMON-CRUSTED FISH w/SPINACH Stabilization Week 3

INGREDIENTS

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| Zest and juice of 1 lemon, divided | 1 1/4 pounds cod or halibut, cut into 4 portions |
| 1/2 cup sliced almonds, coarsely chopped | 4 TSP Dijon mustard |
| 1 TBS finely chopped fresh dill or 1 teaspoon dried | 2 cloves garlic, slivered |
| 1 TBS plus 2 TSP extra-virgin olive oil, divided | 1 pound baby spinach |
| 1 TSP kosher salt, divided | Lemon wedges for garnish |
| Freshly ground pepper to taste | |

INSTRUCTIONS

—Preheat oven to 400 degrees. Coat a rimmed baking sheet with cooking spray.

—Combine lemon zest, almonds, dill, 1 TBS oil, 1/2 TSP salt and pepper in a small bowl. Place fish on the prepared baking sheet and spread each portion with 1 TSP mustard. Divide the almond mixture among the portions, pressing it onto the mustard.

—Bake the fish until opaque in the center, about 7 to 9 minutes, depending on thickness.

—Meanwhile, heat the remaining 2 TSP oil in a Dutch oven over medium heat. Add garlic and cook, stirring, until fragrant but not brown, about 30 seconds. Stir in spinach, lemon juice and the remaining 1/2 TSP salt; season with pepper. Cook, stirring often, until the spinach is just wilted, 2 to 4 minutes. Cover to keep warm. Serve the fish with the spinach and lemon wedges, if desired.

SERVING INFO: (Yields 4 servings)

1 filet + 1/2 cup cooked spinach = 1 P, 1 V, 1/2 FT

See recipe photo at [Instagram](#) and [Facebook](#).