



ALMOND-&-LEMON-CRUSTED FISH w/SPINACH

Stabilization Week 3

INGREDIENTS

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