

LEMON-GARLIC BROILED FLOUNDER WITH SPINACH

INGREDIENTS

- ¼ cup olive oil
- 2 tbsp. lemon juice
- 2 cloves garlic - minced
- Salt and pepper
- 1 small onion - chopped
- 2 10-oz. packages frozen spinach
- 4 flounder fillets (about 6 oz. each)
- Zest of 1/2 lemon - optional



PREPARATION

1. Preheat broiler to high. Line a broiling pan with foil and set rack 2 inches from heat.
2. In a small bowl, combine 3 tbsp. olive oil, lemon juice and garlic. Season with salt and pepper.
3. Heat up remaining oil in a skillet over medium-high heat.
4. Sauté onion until softened, for about 3 minutes.
5. Add frozen spinach then cover and cook until thawed, for about 8 minutes.
6. Uncover and season with salt and pepper and drizzle with 1/2 of flavored olive oil. Cook for 4 minutes to simmer off excess liquid.
7. Remove from heat, cover and keep warm.
8. Lightly spray foil-lined broiling pan with cooking spray and arrange flounder fillets on top and season with salt and pepper.
9. Drizzle remaining flavored oil over the fish and broil undisturbed - until lightly browned, for about 6 minutes.
10. Divide spinach among 4 plates and place flounder over spinach bed.
11. Serve hot, topped with lemon zest.

