

Fish Florentine



Feel like you are eating out in a fancy restaurant with this easy fish Florentine recipe. It's made with a pan seared firm white fish and served on a creamy bed of spinach.

Ingredients

- 4 5 oz thick pieces of skinless white firm fish fillet (such as grouper, bass or halibut)
- 1 tablespoons extra virgin olive oil
- 1 tablespoon salted butter
- 1 cup red bell pepper chopped
- 2 cloves garlic minced
- 9 ounces fresh baby spinach, from two bags
- 2 ounces 1/3 less fat cream cheese, I like Philadelphia
- 1/4 cup half & half cream
- 3 tablespoons grated Parmesan cheese
- salt and fresh black pepper to taste

Instructions

1. In a large skillet over medium heat add 1/2 tablespoon of olive oil and 1/2 tablespoon of butter, red bell pepper and garlic and cook for about 4 minutes.
2. Add spinach season with a pinch of salt and pepper mix until the spinach wilts down.
3. Add cream cheese, half & half and parmesan cheese mix well until cream cheese is melted and resembles creamed spinach.
4. Heat a separate skillet on medium high heat, add remaining oil and butter.
5. Season fish on both sides with salt and pepper and place on the hot pan.
6. Cook 6 minutes on first side and flip fish over and cook other side an additional 5 minutes, until cooked through and browned.
7. Divide the spinach mixture on the bottom of each plate and top with piece of fish.

From ***Skinny Taste*** (skinnytaste.com)