# lemon grouper, baked potatoes and fresh spinach

TOTAL TIM

30 minutes

MAKES 4

SERVINGS



#### APRON'S ADVICE

The baked potatoes combine the speed of the microwave with a nice finish from oven-baking. When done, turn oven off; potatoes will hold up to 30 minutes.

#### SHOPPING LIST

#### Dairy

3 1/2 tbsp butter sour cream, to taste

#### **Dry Grocery**

butter cooking spray

1 tbsp capers

1 tbsp extra-virgin olive oil

1 tbsp flour
large zip-top bag

1 lemon (for juice)

1/2 tsp seasoned salt

1/4 cup white wine

#### **Produce**

4 medium-size baking potatoes 1 bag (7-10 oz) fresh spinach 6 oz pre-sliced mushrooms 1 1/2 tsp roasted garlic

#### Seafood

1 1/4 lb grouper fillets (or tilapia or snapper)

### Suggested Items

cream puffs cheese and cracker appetizer



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#### **COOKING SEQUENCE**

- Prepare potatoes and begin to microwave 5 minutes
- Prepare fish through step 2; begin to bake potatoes 10 minute
- Complete fish; prepare spinach during last step and serve 15 minutes

## lemon grouper

#### INGREDIENTS

1 tablespoon flour

1/2 teaspoon seasoned salt

large zip-top bag

1 1/4 pounds grouper fillets (or tilapia or

snapper; thawed, if needed)
1 tablespoon extra-virgin olive oil

1 1/2 tablespoons butter

6 ounces pre-sliced mushrooms (rinsed)

1/4 cup white wine

1 tablespoon capers

1 1/2 teaspoons roasted garlic

1 lemon (for juice, rinsed)

#### STEPS

1. Preheat large sauté pan on medium-high 2–3 minutes. Place flour and seasoned salt in zip-top bag; shake to mix. Cut fish into 4 portions; add to bag (wash hands). Seal bag tightly and shake to coat. 2. Place oil in pan; swirl to coat. Add fish (wash hands); cook 3–4 minutes on each side or until nearly opaque. 3. Move fish to outer edge of pan, clearing space in the middle. Add butter and mushrooms; cook 1–2 minutes, stirring often, or until mushrooms begin to soften. 4. Stir in remaining ingredients, keeping fish to outer edge; squeeze juice of one-half lemon into pan (about 1 tablespoon). Cook 3–4 more minutes, stirring often, or until mushrooms are soft. 5. Spoon sauce over fish; reduce heat to low and simmer 5–7 minutes or until sauce thickens. Serve.

CALORIES (per 1/4 recipe) 230kcal; FAT 9g; CHOL 65mg; SODIUM 370mg; CARB 6g; FIBER 1g; PROTEIN 29g; VIT A 8%; VIT C 4%; CALC 4%; IRON 10%

## baked potatoes

#### INGREDIENTS

4 medium-size baking potatoes

1/8 teaspoon salt

1 tablespoon butter

#### STEPS

1. Preheat oven to 450°F. Scrub potatoes in cold water; pierce on all sides with fork. Place on paper towel and microwave on HIGH 8–10 minutes or until potatoes begin to soften. (Adjust time for larger potatoes.) 2. Rub butter over potatoes; place on baking sheet and sprinkle with salt. Bake 10 minutes or until tender. Serve with butter/sour cream, if desired.

CALORIES (per 1/4 recipe) 310kcal; FAT 3g; CHOL 10mg; SODIUM 115mg; CARB 64g; FIBER 8g; PROTEIN 7g; VIT A 2%; VIT C 120%; CALC 4%; IRON 15%

## fresh spinach

#### INGREDIENTS

1 tablespoon butter 1 bag fresh spinach (7–10 ounces) 1/2 teaspoon salt
1/8 teaspoon pepper

#### STEPS

1. Preheat large sauté pan on medium-high 2–3 minutes. 2. Place butter in pan; swirl to coat. Add spinach, salt, and pepper. Cook 4–5 minutes, stirring frequently, or until spinach wilts. Serve.

© 2011 APHRIES (HOPFI MARKETS) Wikcal; FAT 3g; CHOL 5mg; SODIUM 370mg; CARB 3g; FIBER 2g; PROTEIRPAG, OPP2

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