

Flounder Piccata with Spinach

from **CookingLight**

You can substitute any flaky white fish, such as tilapia or sole, in this easy, elegant supper.



Photo: Howard L. Puckett; Styling: Melanie J. Clarke

1 (3 1/2-ounce) bag boil-in-bag long-grain rice
1/2 teaspoon salt, divided
1/4 teaspoon black pepper, divided
4 (6-ounce) flounder fillets
2 tablespoons all-purpose flour
2 teaspoons olive oil
1/3 cup dry white wine
2 tablespoons fresh lemon juice
1 tablespoon drained capers, chopped
2 tablespoons butter
4 cups fresh baby spinach

1. Cook rice according to package directions, omitting salt and fat. Place rice in a medium bowl; stir in 1/4 teaspoon salt and 1/8 teaspoon pepper.

2. Sprinkle fish with remaining 1/4 teaspoon salt and remaining 1/8 teaspoon pepper. Dredge fish in flour.

3. Heat oil in a large nonstick skillet over medium-high heat. Add fish to pan; cook 1 1/2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.

4. Add wine, juice, and capers to pan; cook 1 minute. Add butter to pan, stirring until butter melts. Remove fish and sauce from pan; keep warm. Wipe pan clean with a paper towel. Add spinach to pan; sauté 1 minute or until wilted. Place 1/2 cup rice onto each of 4 plates. Top each serving with about 1/3 cup spinach, 1 fillet, and 1 tablespoon sauce.

Yield: 4 servings

CALORIES 332 (28% from fat); FAT 10.2g (sat 4.4g,mono 3.5g,poly 1.2g); IRON 3mg;
CHOLESTEROL 95mg; CALCIUM 51mg; CARBOHYDRATE 27.4g; SODIUM 713mg; PROTEIN
31.3g; FIBER 1.9g

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