



Seared Fish with Wild Rice, Wilted Spinach and Citrus Vinaigrette

1 cup portion of cooked wild rice.

In olive oil sweat 1/4 of medium diced onion. add 1 cup wild rice and 2 ½ cups of low sodium vegetable stock or water, cover and simmer on low until tender. Add chopped parsley and chives.

6oz portion of fresh fish like sword, wild salmon, halibut or sea scallops

Lightly season fish with salt and pepper then sear in medium hot pan with canola or olive oil. Do not overcook most fish is good at medium.

½ cup portion wilted spinach

2 Large handfuls of spinach leaves lightly wilted in 1 tsp. olive oil and ½ tsp. lemon juice in large sauté pan or stainless steel bowl over heat.

Citrus Vinaigrette

Mix the juice of ½ a lemon, ½ an orange with 1 tsp Dijon mustard and 2-3 parts good quality extra virgin olive oil. Mix with whisk.

Place one cup of cooked wild rice on plate. Place spinach on top of rice. Place seared fish on spinach. Drizzle vinaigrette atop and around the fish. Garnish with fresh basil and or Italian parsley and in summer add sweet 100 tomatoes.