

PAN-SEARED SEA BASS WITH COLORFUL VEGETABLES

INGREDIENTS

- 2 Sea bass fillets (6 oz)
- 1/2 t Salt
- Non-stick cooking spray
- 1/4 C Wine (dry) (white)
- 2 t Lemon juice
- 1 T Parsley (fresh) (chopped)
- 1 t Earth Balance margarine
- 1/2 C Corn (frozen)
- 1/2 C Tomato (plum) (chopped)
- 6 oz Baby spinach (coarsely chopped)



DIRECTIONS

- 1 Sprinkle fish with salt
- 2 Heat a large nonstick skillet coated with cooking spray over medium-high heat
- 3 Add fish to pan & cook 5 minutes on each side or until fish flakes easily when tested with a fork
- 4 Remove fish from pan & place one fillet on each of 2 plates covered to keep warm
- 5 Add wine & juice to pan & cook over medium-high heat 2 minutes
- 6 Remove from heat & stir in parsley & margarine
- 7 Add corn to pan & cook 2 minutes
- 8 Add the tomato & spinach to pan & cook 1 minute or until spinach wilts
- 9 Arrange 1 C vegetables on each plate & serve

