



Fish with Lemon Yogurt Caper Sauce Served over Sautéed Greens & Wild Rice

Ingredients

2 fish fillets
2-3 tsp of lemon juice
2-3 Tbl melted butter
Salt and pepper to taste
For the Lemon Yogurt Caper Sauce:
1 cup of lowfat plain yogurt
2 tsp of lemon juice
1 Tbl of capers
1 Tbl of parsley, chopped
1 clove of garlic, minced
1/2 tsp of salt (or to taste)
1/2 tsp of pepper (or to taste)
Dash of Tabasco (optional)
For the sautéed greens:
1 lb of spinach or other greens, washed
1 clove of garlic, minced
1 tsp of olive oil
1 Tbl soy sauce
1 box of wild rice

Directions

Cook the wild rice according to package instructions. While wild rice is cooking, preheat the oven to 350 degrees. Place the two fillets in a lightly greased glass baking dish. Spread the melted butter over the tops of fillets. Sprinkle with salt and pepper to taste. Squeeze lemon juice over the fish. Bake for 20-30 minutes, until flaky.

While the fish is baking, mix the ingredients of lemon yogurt caper sauce together and let stand so that the flavors can meld together. Then sauté the greens.

For the sautéed greens:

Rinse washed greens in a colander. Cook the minced garlic in the olive oil over medium high heat. When the garlic is brown and fragrant add the wet greens to the pan. Cover and reduce heat to medium until greens are done. Sprinkle with soy sauce.

Serve fish over wild rice and sautéed greens, topped with the lemon yogurt caper sauce.

Source: An anonymous Port Clyde Fresh Catch customer.