

## **Quick Seafood Dinner with Baby Greens - GF, SF, CF**

### ***Ingredients:***

1 lb Dover or Petrale Sole or other white fish (avoid farmed and fresh, not frozen is best for this dish due to the high water content of frozen fish)  
1 lb baby bay shrimp raw  
1/3rd cup Classic Dressing  
1 bunch swiss chard tough veins removed and chopped  
1 bunch tender baby beet greens chopped. (If baby beet greens are unavailable simply substitute an additional bunch of chard or spinach.)  
pinch of nutmeg and salt to taste  
juice and zest of one lemon (optional)

### ***Directions:***

Preheat oven to 350 degrees F.  
Spray the bottom of a baking dish with cooking spray or lightly grease with olive oil.  
Place fish in baking dish side by side so they are just touching each other and top each with a portion of bay shrimp.  
Drizzle the Classic Dressing all over fish and shrimp, sprinkle with salt and place in the oven to bake for 20 minutes.  
Meanwhile heat 1 tbs oil or dressing in a skillet over medium heat.  
Add chopped greens (though it may look like a lot of greens they will cook down substantially) and saute until tender – about 6-8 minutes.  
Sprinkle greens with a dash of nutmeg, lemon juice and zest and salt to taste and stir once more.  
Serve alongside baked fish.  
Serves 3.  
If you are feeling really daring, fire a sweet potato into the oven to bake while you are cooking – delicious!

Submitted by: Kaela 08/09