

BASIL SOLE ON GREENS WITH TOMATO-PARMESAN SALAD serves 2-3

Salad:

- 3 small, ripe tomatoes, sliced -- in winter, try the sweet Campari tomatoes
- 15 very thin peels of Parmigiano-Reggiano (less than an ounce)--use your potato peeler for this
- Balsamic vinegar for garnish, optional --- add just before serving

Fish and vegetables:

- 2 tablespoons olive oil
- 3 shallots, thinly sliced
- 5 ounces fresh spinach
- 2 cloves garlic, minced
- 1/2 cup fresh basil leaves plus a few more sprigs for garnish
- 1/4 cup julienne carrots (matchstick-sized)
- Kosher salt, fresh ground black pepper, crushed red pepper
- 1/4 cup white wine or more as needed
- 2 lemons--one sliced and one cut into wedges
- 1 pound sole fillets, rinsed and patted dry; salted and peppered

MAKE THE SALAD: Layer each sliced tomato with several Parmesan peels on a plate or cutting board and set aside while you cook the vegetables and fish.

COOK THE VEGETABLES: Heat the oil over medium heat in a large, deep 12-inch skillet/sauté pan and sweat the shallots for a few minutes, taking care to not brown them. Stir in the spinach, garlic, basil leaves and julienne carrots. Season with 1/4 teaspoon each salt and pepper, along with a pinch of crushed red pepper. Drizzle in the white wine and bring to a simmer.

COOK THE FISH ON THE SPINACH MIXTURE/SERVE IT ALL HOT: Lower the heat under the pan just a bit to medium-low. Lay the fish in a single layer over the vegetables, season with a bit of salt and pepper, and place the sliced lemon gently and evenly over the top of the sole. Cover and cook 3- 4 minutes or until the fish is just barely firm and opaque, adding a bit more wine if the spinach mixture becomes too dry. Divide the vegetables topped with sole between the warm plates, add the tomato-Parmesan salad along with a wedge of lemon to each, and drizzle all with a tiny bit of olive oil. Add a last sprinkle of salt and pepper to the salad, and a light drizzle of Balsamic vinegar, if using. Garnish the dish with basil.

Cook's Notes: I love the simplicity and low calorie/low carb feel to this dish, but if you need more, serve over parsley rice or quinoa, or with soft rolls or buttered new potatoes.

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