

Brush a piece of Halibut, Cod, or Tilapia with a little bit of olive oil and sprinkle with salt & pepper. Grill, bake, or broil, until the fish flakes easily (about 7-8 minutes). Drizzle with **spinach sauce**, and serve with grilled or steamed asparagus.



## **Spinach Sauce:**

### **What You'll Need:**

2 giant handfuls of raw spinach

A couple tablespoons of olive oil (add more if necessary)

Juice of ½ a lemon

Salt & Pepper to taste

### **What To Do:**

Put all the ingredients in a food processor or blender, and blend until smooth.

Drizzle the finished product over the fish (either grilled, baked, or broiled).

This recipe makes enough sauce for about 4 pieces of fish.

Save any leftovers for tomorrow's lunch – this sauce is also great on chicken!