

ARCTIC CHAR WITH SOFT POLENTA AND ARUGULA

Yield: 6 Servings



TOTAL TIME: 45 minutes

INGREDIENTS

FOR POLENTA:

- 1 quart water
- 1 cup yellow polenta
- ½ cup of ⅓ less fat cream cheese, or Neufchatel
- Salt to taste

FOR FISH:

- ¼ cup olive oil
- 6 arctic char fillets, 4 oz. each (or use salmon or trout)
- ½ cup or more semolina flour for dredging
- 3 cups baby spinach or arugula
- 2 cloves garlic, finely sliced
- 2 shallots, finely sliced
- 1 cup flat leaf parsley leaves, chopped
- Juice of 1½ lemons
- Salt and pepper to taste

PREPARATION

1. For Polenta: Bring salted water to boil. Sprinkle polenta into water, whisking as you sprinkle. Reduce heat to medium and simmer the polenta, stirring constantly until it is soft, about 30 min. or per package directions. Add the cream cheese and stir until fully melted into the polenta. Remove from heat, cover and keep warm.
2. For Fish: Season fish fillets on both sides with salt and pepper. Place semolina in a small, shallow dish. Dredge in semolina flour, shaking off excess. Discard left over flour.
3. In non-stick skillet, heat 2 Tbsp. of oil over medium heat. Carefully add the fish. Cook about 2 minutes per side, or until just opaque.
4. Divide polenta onto 6 plates. Top with a handful of spinach or arugula and place the hot fish on top of greens to slightly wilt them.
5. In the same pan the fish was cooked in, heat the remaining 2 Tbsp. oil over medium heat. Add the garlic and shallots and cook for about 20 seconds, until garlic begins to brown. Remove pan from heat and add the lemon juice and parsley. Stir to combine and wilt the parsley.
6. Pour the sauce evenly over each fish. Serve immediately.

NUTRITION

Per serving: Calories: 339; Fat: 14 g (5 g saturated fat); Cholesterol: 72 mg; Carbohydrates: 25 g; Fiber 3 g; Protein: 30 g; Sodium: 526 mg.