

ONE-DISH ROCKFISH

Yield: Makes 2 servings

INGREDIENTS

5 cups fresh spinach
2 (6 ounce) fillets rockfish
10 cherry tomatoes, halved
1/2 cup vegetable broth
2 tablespoons minced fresh dill
1/4 teaspoon garlic powder
1/2 teaspoon lemon pepper
1/4 teaspoon onion powder
salt and ground black pepper to taste
2 slices lemon slices
2 slices onion slices
1 teaspoon butter

PREPARATION

Preheat oven to 400 degrees F (200 degrees C). Layer the spinach in the bottom of a 2 quart baking dish. Lay the rockfish atop the spinach. Scatter the tomatoes around the fish. Pour the broth into the dish. Season the fillet with the dill, garlic powder, lemon pepper, onion powder, salt, and pepper. Place the lemon, onion, and butter on the rockfish. Cover the entire dish with aluminum foil.

Bake in preheated oven until the fish flakes easily, 20 to 25 minutes.

