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<b>FILET OF SOLE FLORENTINE</b>	<b>Intermediate Lifestyle</b>
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**Ingredients**

- 4 cups baby spinach leaves
- 1 TBS extra-virgin olive oil
- 1 cup finely chopped onions
- Grated nutmeg
- 3 5-to-6 oz. sole, flounder, or other mild-tasting fish fillets
- 1 TSP olive oil
- the fresh juice of 1 medium to large lemon
- 1-2 TBS dill weed or Spice Hunter Deliciously Dill seasoning (a combination of dill weed, onion flakes, lemon peel and chives)

**Instructions**

1. Wash the spinach well, then steam it for 3 minutes or until wilted.
2. Place 1 TBS oil and onions in a frying pan. Sauté the onions until barely soft, then add the spinach, sprinkle with nutmeg, and stir. Arrange the fish in a single layer over the spinach. Drizzle lightly with lemon juice and 1 TSP oil, and sprinkle with seasoning.
3. Cover the pan, cook on medium-low heat, and check after 5 to 7 minutes. (Scoop underneath the fish and spinach mixture once, to make sure it isn't drying out or burning.) The fish is done when it's milky in color and flakes easily with a fork. Sprinkle with extra lemon juice at the table, if desired.

**Portion-Per-Serving Information (Serves 16):**

Serving = 1 fish filet + 1 cup spinach and onion mixture = 1 P, 2 V