



WEIGHT ★ NO ★ MORE DIET CENTERSM



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GOLDEN MUSHROOM-CRUSTED SEA BASS

Final Lifestyle

Ingredients

For the leek and mushroom sauce:

1 TBS olive oil
4 leeks, dark green part removed
1 pound fresh shitake mushrooms, stemmed and sliced thin
½ cup low-sodium chicken broth
pinch of Morton's Lite salt
freshly ground black pepper

For the sea bass:

½ oz. dried shitake mushrooms (or any type of dried mushrooms)
4 sea bass fillets, 6 oz. each
1 TBS olive oil

Instructions

1. Cut off the root end of the leeks and cut the leeks in half lengthwise. Wash the leeks well under cold, running water to remove any sand or grit. Then slice the leeks crosswise into thin semicircles.
2. Heat the olive oil in a skillet over medium-low heat. Add the leeks, season them lightly with salt and pepper and cook for about 10 minutes. Add the chicken broth by the tablespoonful to keep the leeks from getting dry.
3. Add the mushrooms and continue cooking (and adding chicken broth) until the vegetables are very soft, about 10 more minutes. Taste and adjust the salt and pepper to taste. Keep warm while you cook the fish. (This can be made in advance, stored in the refrigerator for up to 3 days and reheated in the microwave.)
4. Grind the dried mushrooms in a food processor, coffee grinder or mortar and pestle until the mushrooms are the consistency of powder.
5. Season the sea bass with salt and pepper and coat it with the ground mushrooms.
6. In a skillet large enough to accommodate all of the fish in a single layer, heat the remaining olive oil over medium-high heat. Cook the fish until it is just cooked through, about 4 minutes on each side, depending on the thickness.
7. Serve the fish on a bed of the leek and mushroom mixture.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 fillet + 1/4 of the leek/mushroom mixture = 1 P, 2 V, ½ FT