SEA BASS GREMOLATA

INGREDIENTS:

CHOPPED FRESH PARSLEY	1 CUP
THINLY SLICED SCALLIONS	1 CUP
MINCED JALAPENO PEPPER (NO SEEDS)	1 TBSP
CAPERS, RINSED, CHOPPED	¼ CUP
MINCED GARLIC	1 TBSP
LEMON ZEST	1 TBSP
FRESH LEMON JUICE	2 TBSP
EXTRA VIRGIN OLIVE OIL	2 TBSP
COARSE BLACK PEPPER	¼ TSP
SEA BASS (4 OUNCE PORTIONS)	16 OZ
OLIVE OIL	2 TSP

METHOD:

- Preheat oven to 370°F.
- In a large mixing bowl, stir all of the gremolata ingredients (except for the 2t olive oil and the fish) and stir to thoroughly mix.
- Heat a large sauté pan (oven friendly), to medium-high heat. Once hot, add the remaining oil and sea bass filets to the hot pan. Allow the sea bass to form a nice crust on one side, about three minutes. Turn to other side for an additional 2 minutes.
- If not cooked through, finish cooking the sea bass in the oven by simply placing the pan directly into the oven until fish is completed or opaque with an internal temperature of 145°F..
- Serve each 4 oz. filet with approximately 2 tablespoons of the gremolata sauce. Enjoy!

An alternative to Sea Bass would be Cod or Halibut. They are all white and firm, but the Sea Bass is more oil rich while the Cod and Halibut are typically more lean.

Serves: 4
Serving Size: 4 ounces and 2 tbsp of sauce
Calories: 220
Fat: 12 gm **Sodium:** 290 mg **Carbohydrates:** 4 gm **Protein:** 22 gm **Fiber:** 0