



Lemony Pan-Seared Fish with Wilted Kale

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 1 serving | Serving Size: 1 fish fillet and the kale mixture

Ingredients

- 1 lemon
- 1 (4- to 6-ounce) fish fillet (e.g. flounder, whiting, tilapia, salmon, tuna)
- ¼ teaspoon salt-free seasoning blend
- 1½ teaspoons chopped fresh dill (or ½ teaspoon dried)
- 1 tablespoon olive oil, divided
- 2 cups chopped or shredded kale, stems removed

Directions

1. Cut the lemon in half lengthwise. Juice one of the halves into a small bowl. Cut the other half into four wedges. Set the lemon juice and lemon wedges aside.
2. On a clean plate or other surface (e.g. cutting board), pat the fish dry with paper towels, then season it evenly on both sides with the seasoning blend and chopped dill.
3. Preheat a nonstick skillet over medium-high heat.
4. Add ½ tablespoon of the oil to the pan.
5. Add the fish and cook on the first side until browned, about 2-4 minutes.
6. Turn the fish over and heat until cooked through and flakes easily with a fork, about 4-6 minutes.
7. Transfer the fish to a clean plate and cover with foil.
8. Add the remaining ½ tablespoon of oil to the pan.
9. Add the kale and cook until wilted, about 2-4 minutes.
10. Add the lemon juice and stir to combine.
11. Transfer the kale to the plate with the fish and serve warm, squeezing on additional lemon juice as desired.

**Nutrition Facts Per Serving: Calories: 325 | Total Fat: 15 g | Saturated Fat: 2 g
Sodium: 140 mg | Total Carbohydrate: 23 g | Dietary Fiber: 4.5 g | Protein: 28 g**

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