

Tasty Grouper on Spinach Orange Salad

Tasty Grouper

- 1 T butter, melted
- 2 cloves garlic, pressed
- 1 T Parmesan, grated
- 1 T olive oil
- two good dashes of each of these spices: paprika, salt, ground black pepper, onion powder, cayenne, oregano, thyme
- 1 1/2 - 2 lb grouper fillets, or your favorite fish fillets
- 1/8 cup finely chopped fresh herbs: tarragon, thyme, basil or chives

Preheat oven to 400 degrees. In a small bowl combine the butter, garlic, Parmesan, spices, and olive oil. Brush fillets with butter mixture and cook for approximately 8 minutes, then slice lengthwise to hasten even cooking, cooking an additional 4 minutes until the flesh flakes when poked. Sprinkle with fresh herbs and serve hot, atop the **Spinach Orange Salad**.

Spinach Orange Salad

- 4 c baby spinach (can use any combo of greens)
- 1/2 red onion, sliced thinly
- 2 oranges, segmented
- 1 t Dijon mustard
- 1/4 c orange juice, fresh is best
- 2 T white wine vinegar
- 1 T olive oil
- Salt and freshly ground black pepper

In a large salad bowl, combine spinach, red onion, and orange segments. Mix Dijon, juice and vinegar, then slowly add in the oil, seasoning with salt and pepper.

Jittery Cook