

Creamy Stuffed Fish Florentine

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Servings: 8

Yield: 1 fish bundle per person

3 tablespoons unsalted butter
1 shallot, minced
2 to 3 cloves garlic, pressed or minced
3 cups half-and-half
6 teaspoons cornstarch
1 heaping teaspoon minced fresh thyme (or 2 tsp dried)
1 tablespoon Weber Roasted Garlic and Herb Seasoning
1/2 cup grated Parmesan cheese
1 package (12 ounce) frozen spinach, thawed and squeezed dry
8 boneless/ skinless fish fillets (swai, tilapia, sole)
16 Ritz Crackers, crushed
salt
pepper

Preparation Time: 20 minutes

Cook Time: 15 minutes

Preheat the oven to 475 degrees.

Spray a 13x9-inch baking dish with nonstick spray. Set aside.

In a saucepan over medium-high heat, melt the butter. Add the minced shallot and cook until softened and just beginning to brown, about 4 minutes. Stir in the garlic and cook for about 1 minute. Whisk the cornstarch into the half-and-half, then pour into the saucepan and whisk in the thyme.

Cook the sauce over medium-high heat, stirring often, until it boils and thickens. Remove from the heat and season with salt and freshly ground pepper to taste.

In a mixing bowl, stir together the spinach and Parmesan. Pour in one cup of the white sauce and stir to combine and melt the cheese.

Lay out the fish and pat dry with paper towels. Season both sides of the fish with salt and pepper and the herb seasoning. Place a large spoonful of spinach mixture into the center of each fish. Fold the ends of the fish over the stuffing starting with the thin end first.

Place each fish bundle into the prepared baking dish, seam side down, leaving a little space between, and gently pour the rest of the white sauce over the fish to coat. Sprinkle with Ritz cracker bits on top and place in the oven. Cook for about 15 minutes, or until the fish easily flakes with a fork but is still juicy.

Any thin white fish can be used like Swai, Sole or Tilapia. Simply adjust cooking time according to the thickness of the fish. (Sole or Swai will need 15 to 20 minutes, and a thinner fish like Tilapia will need around 12 to 15 minutes to be done.) Also, with thinner fish, using a little less stuffing is recommended and increase the serving size to two fish bundles instead of one.

Per Serving (excluding unknown items): 75 Calories; 6g Fat (68.7% calories from fat); 3g Protein; 3g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 109mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.