
Chargrilled Scamp Florentine

*Chef Jean-Pierre Pellet - The Colony Beach and Tennis Resort - Longboat Key, FL
Sarasota's Chef Du Jour - 1992*

Servings: 4

2 pounds fillet of scamp OR grouper, skinless and boneless

4 bunches (handfuls) fresh spinach

2 ounces no cholesterol margarine

8 asparagus

3 yellow squash

4 small tomatoes

Cut the fillets into 7-ounce pieces. Heat a grill 1/2 hour before cooking. Brush the fillets with virgin olive oil.

Cook the fish on the grill for 7 minutes on each side. At the same time that the fish is cooking, peel the asparagus and cut up the squash. Steam both for about 3 minutes.

Chargrill the tomatoes.

Clean the spinach and steam about 2 minutes.

Cook the spinach with margarine and a dash of lite salt.

Place the spinach in the middle of a plate. Place the scamp on top. Arrange the spinach around the fish. Garnish with vegetables.

Seafood

Per Serving (excluding unknown items): 58 Calories; 1g Fat (10.2% calories from fat); 4g Protein; 12g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 37mg Sodium. Exchanges: 2 1/2 Vegetable.