

ROASTED FISH CASSEROLE

SERVES 4 Adapted from *The Blood Sugar Solution: 10-Day Detox Diet*

Season fish with salt and pepper.

Over medium-high heat, heat 1 tbsp olive oil in large ovenproof skillet or Le Creuset. Add fish and brown for about 2 min on each side. Remove from pan and set aside.

To the same pan, add 1 tbsp olive oil. Add fennel and leeks; cook for 4 min. Add garlic and cook 1 min. Add vegetable stock and tomatoes; cook for 5 min. Return the fish to the pan and add 2 thyme sprigs, half the lemon slices, parsley, and olives. Cover and roast in the oven at 350° for 20 min.

While the fish is cooking, heat ¼ cup water in a large skillet over medium heat. Add the spinach and cover for about 2 min. Drain in a strainer.

To serve, divide the spinach in 4 shallow soup bowls. Place a piece of fish in each bowl on top of the spinach. Spoon vegetables and broth into each bowl. Garnish with remaining thyme and lemon slices.

DEEDEE'S NOTES:

- Make things easy and prep all ingredients earlier in the day.
- Submerge the sliced leeks in water to rinse thoroughly.
- I prepare this dish in a shallow Le Creuset that goes from stovetop to oven.
- You may want to serve this with a Bibb lettuce and cucumber salad lightly dressed with a lemon olive oil, such as Round Pond Meyer Lemon Olive Oil, salt, and freshly ground pepper.

INGREDIENTS

4 bass or cod fillets, 4–6 oz ea
salt and pepper
2 tbsp olive oil, divided
2 med fennel bulbs, trimmed
and thinly sliced
2 leeks, sliced (white part only)
2 garlic cloves, minced
2 cups vegetable stock
4 Roma tomatoes, diced
6 sprigs thyme
2 lemons, thinly sliced
¼ cup chopped fresh parsley
½ cup pitted Kalamata olives,
rinsed and halved
12 cups fresh baby spinach

Just what the doctor ordered for a weeknight favorite

... hearty, healthy, and full of flavor!