



Wellnesssleuth Recipes

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Mediterranean White Fish with Sun-Dried Tapenade

INGREDIENTS:

- ***Tapenade Ingredients:***
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- ***½ c. sun-dried tomatoes, drained and chopped****
- ***2 T. extra virgin olive oil***
- ***1 t. anchovy paste***
- ***¼ c. Kalamata olives, pitted and chopped***
- ***¼ c. green olives, pitted and chopped***
- ***1 clove garlic, roughly chopped***
- ***1 T. capers, drained***
- ***2 T. fresh lemon juice***
- ***Remaining Ingredients:***
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- ***1 T. extra virgin olive oil***
- ***4 6-oz. white fish fillets***
- ***Sea salt and black pepper, to taste*****
- ***3 oz. Feta cheese, chopped***
- ***1 large lemon, cut into thin wedges***

DIRECTIONS

- 1. Prepare the tapenade by combining all ingredients in a medium bowl. Stir to combine, then transfer half the mixture to a food processor and quickly pulse until finely chopped, but not smooth. Return to the bowl and stir to combine with the rest of the tapenade. Cover and set aside. (If preparing in advance, cover and place in the refrigerator until ready to use).
- 2. Add the olive oil to a large non-stick skillet set over medium heat. Season the fish fillets with salt and black pepper, to taste, and add to the hot skillet. Cook for 3-4 minutes, or just until golden brown, then turn and cook on the other side for another 3-4 minutes. Repeat on each edge for 1 minute or just until golden. Do not overcook.
- 3. Add the tapenade and Feta cheese to the skillet and cook, stirring continually, just until heated through, approximately 1-2 minutes. Remove from heat and transfer the fillets to individual serving plates. Spoon some of the warm tapenade over each fillet and serve immediately with a couple lemon wedges and a crispy green salad or your choice of sides. Enjoy!



**GRILLED
POLENTA
CROSTINI**



These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. [Click here](#)

EGG ROLL BOWLS



Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! [Click here](#)

**MIXED BERRY
SALAD WITH
RASPBERRY
VINAIGRETTE**



Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. [Click here](#)