

RECIPES FROM three eighty ate

BAKED BRANZINO, SOY BEAN SUCCOTASH, PARSLEY GREMOLATA

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| 20 oz. | Parsley, Chopped Fine |
| 2 oz. | Fresh Peeled and Minced Garlic Cloves |
| 3 oz. | Grated Lemon Zest |
| 40 oz. | Fresh Skin On Black Sea Bass |
| 15 oz. | Fresh Cut Whole Kernel Corn |
| 30 oz. | Fresh Diced Tomatoes |
| 10 tbsp. | EVOO |
| 30 oz. | Frozen Shelled Edamame Soybean |
| 10 tbsp. | Water |
| 5 oz. | Fresh Baby Spinach |
| 3g | Kosher Salt |

1. Mix ingredients and set aside.
2. Use European Sea Bass/Branzini in place of Black Sea Bass
3. Portion fish into 4 oz. portions. Season fish with salt and bake at 400F for 7-9 minutes.
4. In a medium sauce pot, heat oil and add garlic, toast for 2-3 minutes. Add vegetables, water, and salt, cooking 5-7 minutes.

Portion: 1.5 cups vegetable mix, 1 piece fish, .25 oz. gremolata

Nutrition: 404 calories, 22g fat, 24g carbs, 35g protein, 244mg sodium

Yield: 10 servings