



Fresh Flounder with Artichokes and Olives

Ingredients

- 2 flounder filets (or any flaky white fish)
- ¾ cup pitted mixed olives, halved
- 2 artichoke hearts (in water, canned), cut into quarters or smaller
- 2 teaspoons of capers
- 1 fresh lemon
- 1 cup of white wine
- 1 cup of flour for dusting
- 1 tablespoon of fresh tarragon
- Olive oil
- Salt & pepper to taste

Instructions

1. Pour the olive oil in a large frying pan over a medium flame, completely covering the bottom of the pan. Season both sides of fillets with salt and pepper. Place flour in a dish and lightly flour each side of the fillet, shaking off any excess flour. Place the fillets in the hot oil.
2. Allow the fish to cook until a crust forms, approximately 3-4 minutes. Using two spatulas carefully flip each fillet away from you to avoid potential oil splatter. Cook until the fish is slightly firm, approximately 2-3 minutes. Remove fillets from pan and set aside.
3. Add olives, artichoke hearts and capers and simmer to allow flavors to meld together. Add the juice of the lemon and white wine to deglaze the pan. Using a flat wooden spatula, scrape any residuals bits from the bottom of the pan. Allow the wine to cook off, approximately 2-3 minutes.
4. Reduce heat to low and return the fillets back to the pan. Allow flavors to meld with the fish, while spooning the pan juices over the fish, approximately 2-3 minutes.
5. Add tarragon and remove the fillets to a serving platter or dish and spoon everything onto the fillets.



Tuscan Bean Salad

Ingredients

- 2 cans of cannellini beans, drained and rinsed
- ½ cup red bell pepper, chopped
- ½ cup yellow bell pepper, chopped
- 1 cup fresh tomato, seeded and chopped
- ½ cup red onion, chopped
- ¾ cup of mixed olives, roughly chopped
- 6 leaves of fresh basil, julienned into fine strips
- 1 clove of garlic, minced
- 4 tablespoons of extra virgin olive oil
- 2 tablespoons of red wine vinegar
- Salt and pepper to taste

Instructions

Add first seven ingredients to a large salad bowl. Combine garlic, olive oil, and vinegar into a small bowl. Mix well and pour over the salad. Add salt and pepper to taste. You can enjoy immediately; however, the flavors come together nicely after 3-4 hours or overnight.