

Spinach and Ricotta Stuffed Fish Fillet

Ingredients

- 2- 4 oz halibut fillets (or other fish fillet such as salmon, mahi mahi, tilapia, or catfish. Whatever fits your budgeting needs)
- 1 tsp of olive oil
- 1 Tablespoon of lemon juice

Fillet Stuffing

- $\frac{1}{4}$ cup part skim ricotta cheese
- 1 handful of fresh spinach, chopped
- $\frac{1}{8}$ cup feta cheese, crumbled
- $\frac{1}{8}$ cup sun dried tomatoes, chopped
- $\frac{1}{2}$ tsp of black pepper

Instructions

1. Pre-heat oven to 350°F. Grease baking pan with olive oil. In a small bowl, mix the fillet stuffing ingredients together. Place half the stuffing at the largest end of one of the fish fillets and roll the fillet until to the other end of the fillet. Place the stuffed fillet on the baking pan. Drizzle and spread just enough olive oil and lemon juice to cover the fillet. Bake the stuffed fillets for 20 minutes. Serve immediately. Source : allrecipes.com