Sautéed Tilapia with Honey-Scallion Dressing & Spinach

Servings: 2 (1 fillet and 1 cup of spinach)
Adapted from David Bonom, Cooking Light AUGUST 2006

Ingredients

Dressing:
2 tablespoons fresh lemon juice
2 tablespoons chopped green onions
1 tablespoon honey
1 tablespoon low-sodium soy sauce
1 teaspoon bottled ground fresh ginger (such as Spice World)

Fish:
1/2 tablespoon canola oil or olive oil
2 (6-ounce) tilapia fillets
1/8 teaspoon salt
1/8 teaspoon black pepper

2 cups of fresh spinach

Preparation

1) To prepare dressing, combine first 6 ingredients in a bowl, stirring well with a whisk.
2) To prepare fish, heat canola oil in a large nonstick skillet over medium-high heat. Sprinkle fish evenly with salt and pepper. Add fish to pan; cook 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
3) Arrange 1 of spinach on each plate. Top each serving with 1 fish fillet; drizzle with 2 tablespoons dressing.