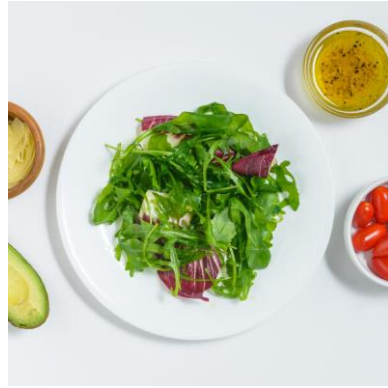


## Dinner

### PAN-FRIED LEMON SOLE AND RICE MIXED SALAD, TOMAOTES, AND PARMESAN

**\$7.83/SERVING EST**



Ingredients and groceries scaled from original 1 serving

1 cup white rice

2 cups water

8 teaspoons olive oil

1 lb. roasted red pepper diced

1 cup zucchini diced

2 lb. Sole

2 lemons sliced

1 cup fresh oregano chopped

**Prep: 5 mins**

**Cook: 20 mins**

1. Add rice and water to a saucepan and bring to a boil. Lower heat, cover, and simmer until rice is tender and has absorbed the water, about 15-20 minutes.
2. Meanwhile, heat oil in a skillet over medium heat. Add peppers and zucchini and cook 5 minutes, stirring occasionally.
3. Push the peppers and zucchini to one side of the pan and add the sole to the other side. Cook fish 3-4 minutes per side until cooked through.
4. Add lemon slices and oregano to pan and gently stir to combine. Cook 1 minutes.
5. Serve fish and veggies with rice.

## **MIXED SALAD, TOMATOES, AND PARMESAN**

**\$2.80/SERVING EST**

Ingredients and groceries scaled from original 1 serving

12 cups spring mix lettuce

2 cups cherry tomatoes

8 tablespoons shaved Parmesan cheese

1 avocado sliced

¼ cup Italian Dressing

4 dashes salt

4 dashes freshly ground black pepper

**Prep: 2 mins**

1. Mix salad ingredients in a large bowl, add dressing, salt and pepper and serve.