

Broiled Tilapia over Navy Bean Ragout  
(serves 4)

4 Tilapia fillets (or other fresh white fish)  
1 T olive oil  
1 lemon - juice  
3/4 C fennel (large dice)  
3/4 C diced zucchini sliced  
1/2 C chicken stock  
2 T kalamata olives chopped (black olives optional)  
1 1/2 cup cooked white beans  
2 C fresh spinach  
1/2 C diced tomatoes  
4 T chopped basil  
S and P to taste

1. Season the Tilapia with salt and pepper and drizzle with olive oil, Broil on high heat until firm about 2 minutes on each side. Remove and soak with fresh lemon juice.
2. In large sauté pan over medium heat, add 1 T olive oil and cook fennel for 3 minutes, add zucchini and cook an additional 3 minutes.
3. Pour in chicken stock and cook till liquid is almost gone and zucchini are tender.
4. Add spinach, olives, tomatoes and white beans and toss till hot and combined. Add basil and TASTE.
5. Serve fish over bean ragout.