

Pan Roasted Pompano with Cauliflower Puree and Seasonal Vegetables  
(serves 4)

4 6oz. pompano filets (no skin)  
2 T olive oil  
3 3/4 C cauliflower florets  
1/2 C skim milk  
3/4 C cauliflower florets  
3/4 C baby squash quartered  
3/4 C baby zucchini sliced  
1/4 C pearl onions halved (or chopped white onions)  
1 T chopped parsley  
2 T chopped cilantro  
1/2 lemon-juice  
S and P to taste

1. Place 3 C cauliflower in small sauce pan with milk and cover with water. Simmer for 20 minutes or until tender. Puree cauliflower in blender adding some of the reserved liquid until the desired consistency is achieved. TASTE.
2. In a large sauté pan, heat 1 T olive oil and season Pompano with salt and pepper. Sauté pompano for 2 minutes and turn fish onto its skin side and continue to cook fish for an additional minute. Remove from pan.
3. Add 1 tsp. of olive oil back to the same pan and sauté onions for 3-4 minutes, add cauliflower florets and broccoli and continue to cook for 3 minutes. Add zucchini and squash and sauté for an additional 2 minutes. TASTE. Add herbs and remove from heat.
4. Place puree on plate, top with fish and garnish with vegetables and herbs. Squeeze fresh lemon juice on top for added freshness.