

Low-Point Pan-Fried Fish with Wilted Arugula Salad

Ingredients:

- 1 1/2 cups arugula
- 1 cup grape tomatoes, halved
- 1 green onion, diced
- 1 tsp. jalapeños, diced
- 1 Tbs white balsamic vinegar
- 3 Tbs olive oil, divided
- 1 tsp. sugar
- 2, 4 oz. fish filets (I used Swai)
- salt and pepper to taste
- 1 Tbs plus 1 tsp. flour

In a medium bowl, combine arugula, tomatoes, onion, and jalapeños. In a separate small bowl, combine 1 Tbs of the olive oil with the white balsamic vinegar and sugar. Mix well, drizzle over salad, and toss salad until it's coated evenly.

In a large skillet, heat remaining 2 Tbs olive oil over medium-high heat. Lightly salt and pepper fish filets. Sprinkle 1 tsp. of flour on each side of both filets. (I usually do one side and place it, seasoned-side down, in the skillet and then season the other side.) Shake skillet briefly when fish is laid in hot oil so the fish will not stick. Let cook 2 to 3 minutes on each side and remove to plate. Add your salad to the plate and enjoy!

Total servings - 2

Serving size - 1 filet and 1/2 of the salad mixture

Points per serving - 7.5

Points plus per serving - 8

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"You will never fail as long as you keep getting up and trying again."
- Anonymous***