



**Catholic
Health Services**
of Long Island
At the heart of health

Pan Seared Flounder with Kale & White Bean Ragout & Mashed Potatoes



Pan Seared Flounder Ingredients

Yields: 8 pieces

Serving Size: 5-7 oz

- 8 pieces, Flounder filet
- ¼ cup Olive oil
- 1 cup Flour
- ¼ cup Lemon juice
- 2 cups Vegetable stock
- Chopped parsley (for garnish), as needed

Kale & White Bean Ragout Ingredients

Yields: 8 servings

Serving Size: 3 oz

- 4 cups Kale, ½ chopped
- 1 cup Leeks, ¼ diced
- 1 cup White Beans
- 1 cup Tomatoes, diced
- 2 Tbsp Olive oil

Mashed Potatoes

Yields: 30 servings

Serving Size: 4 oz

- 1 dried mashed potatoes bag
- Water, boiling 3 Quarts

Preparation

Pan Seared Flounder

- 1) Heat oil in pan on high heat
- 2) While oil is heating, bread flounder in flour
- 3) Place flounder in pan, flesh side down. Allow to cook until golden brown.
- 4) Flip flounder and continue cooking until golden brown
- 5) Drain off excess oil
- 6) Add vegetable stock and lemon juice
- 7) Cook for about 5 minutes or until fish is cooked to 145F
- 8) Remove from heat and serve. Garnish with fresh parsley and lemon wedges.

Preparation

Kale & White Bean Ragout

- 1) Blanch kale and leeks
- 2) Heat oil
- 3) Add tomatoes and sauté for 1 minute
- 4) Add white beans, kale and leeks
- 5) Sauté for 3 minutes to heat and then serve

Preparation

Mashed Potatoes

- 1) Pour boiling water over dried potatoes
- 2) Cover and let stand for 12 minutes then serve

Pan Seared Flounder with Kale & White Bean Ragout & Mashed Potatoes

This dish favors a Mediterranean yet homey flair. The Mediterranean diet is traditionally high in vegetables, fruits, whole grains, beans, nuts, seeds, and olive oil, while incorporating a weekly intake of fish, poultry, eggs and dairy products. This diet also limits red meat and encourages physical activity and the social component of enjoying a meal with family and friends.

The Mediterranean diet is predominantly followed in areas of the world, such as Greece and Italy, however it's becoming more popular in the United States. Studies have found that the Mediterranean diet is associated with reduced risk factors for cardiovascular disease and other comorbidities. The Mediterranean diet is one of the healthy eating plans recommended by the Dietary Guidelines for Americans to promote health and prevent chronic disease. It's also recognized by the World Health Organization as a healthy and sustainable way of eating.

Flounder is a very lean fish, meaning it contains a high amount of protein as opposed to fat. Dietary protein is essential for maintaining and repairing the body's tissues, organs and muscles. Because of flounder's mild taste, it can be cooked in a variety of ways. Pictured here, the flounder is pan seared, but it can also be baked, broiled or grilled.

Kale & White Bean Ragout is something that happens to pair with fish very well. Kale is an extremely nutrient dense green leafy vegetable. Kale contains vitamins A, K, B6, and C, calcium, potassium, copper and manganese. Studies have shown that maintaining a diet high in green leafy (cruciferous) vegetables can reduce the risk of various types of cancer and other diseases. Kale can be prepared in a number of ways such as sautéed, steamed, stir fried, roasted, or even eaten raw. In this recipe, the kale is cooked along with white beans. Beans, peas and lentils, also known as legumes, are rich in protein, fiber, iron, calcium, phosphorous, zinc and magnesium. They're also a good source of folate and antioxidants. White beans in particular are tender, with an earthy flavor, which make a great addition to ragout, stew, chili and soups.

Mashed Potatoes are considered by many to be a very homey and comforting food. When mashed potatoes are made more simply, without high amounts of butter and salt, they can absolutely be included as part of a healthful meal. Evidence suggests that potatoes may reduce inflammation and constipation, especially when the potato skin is also consumed due to the fiber content. Potatoes also contribute to good bone health and blood pressure, as they contain iron, phosphorous, magnesium and zinc.

Submitted By:

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