



Grilled Striped Bass with Lemon Rosemary Sauce

4 6-8oz Striped Bass Fillets (Substitutions: Haddock, Cod, Trout)

Salt & Pepper

Vegetable Oil

Lemon Rosemary Sauce:

1/4 C. Olive Oil

4 Shallots, chopped

2 T. Lemon Juice

2 tsp. fresh rosemary, chopped

1/2 tsp. Sugar

1. Place lemon rosemary sauce ingredients in blender. Mix.
2. Lightly coat fillets with vegetable oil, salt and pepper.
3. Place fish on grill for approximately 4 minutes. Turn.
4. Grill for Approximately 3-4 more minutes depending on thickness of fillets
5. Serve immediately on a bed of leafy greens or tomatoes (optional).
6. Pour Lemon-Rosemary Sauce on top.