



Skate Wing Filets with Roasted Tomatoes and Spinach

Cape Cod has a rich bounty of delicious seafood, caught and harvested by our local fleet of small-boat fishermen. We encourage you to try a new way of enjoying an old favorite, or to be adventurous with some of the “under-loved” species that are abundant in our waters.

Surprise and impress your dinner guests with this easy, tasty skate recipe featured in one of our “Deliciously Local” videos, funded by the **Massachusetts Seafood Marketing Grant Program** and in cooperation with **Buy Fresh Buy Local Cape Cod**.

Serves 2

Ingredients:

10-12 cherry tomatoes
½ tsp. crushed red peppers
Salt and pepper
1 Tbsp. olive oil
2 skate wing fillets
2 large handfuls baby spinach
1 lemon, quartered, for serving

For the dressing:

2 Tbsp. olive oil
1 Tbsp. lemon juice
2 tsp. mustard
Salt & pepper

Directions:

1. Heat oven to 400 degrees. Toss the cherry tomatoes and crushed red pepper in 1 Tbsp. of olive oil and roast in a large roasting pan for 10 minutes. Season the skate wings with salt and pepper and then transfer to the roasting pan, moving the tomatoes to one side. Roast for another further 15 minutes.

2. Make the dressing by stirring together olive oil, lemon juice, mustard, and salt and pepper, to taste. Pour over the fish and tomatoes. Return to the oven for 2-3 minutes. Serve hot over a bed of baby spinach with the lemon, tomatoes and pan juices.