



# Baked Sole Fillets

Serves 4

## Ingredients:

4 sole fillets  
1 teaspoon salt  
1/8 teaspoon pepper  
1/4 cup melted butter  
2 tablespoons lemon juice  
2 teaspoons finely minced onion  
1 teaspoon paprika  
Chopped fresh parsley  
Cooking spray

## Directions:

1. Preheat oven to 325° F. Coat baking dish with cooking spray.
2. Arrange in buttered shallow prepared baking dish. Sprinkle fish with salt and pepper.
3. In a small bowl or measuring cup, combine melted butter, lemon juice, and minced onion; pour over fish. Sprinkle with paprika and bake for 25-30 minutes.
4. Garnish with chopped parsley.

**Season:** Fall

**Week:** 201824

**RecipeIntro:** A simple and delicious white fish bake.

**CookingMethod:** Bake

**MainIngredient:** Fish

**FeatureIntro:** A fantastic choice for grilling.