



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.