

Asparagus with Sole

Ingredients

- * Nonstick cooking spray
- * 1 pound Sole fillets (4 pieces approximately the same size)
- * 1/2 teaspoon grated lemon or lime peel
- * 1/8 teaspoon black pepper
- * 1 teaspoon mustard
- * 1 pound asparagus, tough ends trimmed
- * 1/4 teaspoons salt
- * 4 tablespoons lemon or lime juice, freshly squeezed
- * 1 tablespoon chives, finely chopped

Direction

1. Preheat oven to 400°F. Spray a 9x13-inch baking dish with non-stick cooking spray. Set aside.
2. Wash and cut asparagus into 3-inch pieces. Place in a large saucepan in lightly salted water.
3. Cook over medium heat for 5 minutes, drain. Set aside.
4. Season the skin side of the sole fillets with salt and lemon or lime peel.
5. Place asparagus spears at one end of each fillet.

Recipe No : 9

Card 1

6. Roll up fillets with asparagus spears inside and secure with plain round toothpicks.
7. Place fillets in the prepared baking dish.
8. In a small bowl, combine remaining ingredients and pour over fish.
9. Bake 15 to 20 minutes or until fish is white in color and flakes easily with a fork.

Recipe No : 9

Card 2