

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

Recipe No : 9

Card 1

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.
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.

Recipe No : 9

Card 2

9. Bake 15 to 20 minutes or until fish is white in color and flakes easily with a fork.