



Asparagus with Sole

Preparation time: 1 hour

Yield: 4 Servings

Ingredients:

1 lb. asparagus, tough ends trimmed
1 lb. Sole fillets (4 pieces, approximately the same size)
¼ tsp. salt
½ tsp. grated lemon or lime peel

4 T. lemon or lime juice, freshly squeezed
⅛ tsp. black pepper
1 T. chives, finely chopped
1 tsp. mustard



Directions:

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

Nutrition Facts per Serving: Calories 130, Total Fat 2 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 55 mg (18% DV), Sodium 270 mg (11% DV), Total Carbohydrate 6 g (2% DV), Dietary Fiber 2 g (20% DV), Sugars 2 g, Protein 24 g, Vitamin A 25%, Vitamin C 30%, Calcium 4%, Iron 8%.

Source: University of Nebraska-Lincoln Extension



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