

Parmesan Sole

Submitted by Betty Dorsey

Betty developed this recipe years ago for her grandmother, who despised fish and refused to eat it prepared in any other way. The entire family grew to love the combination of flavors, and it has remained a family favorite to this day. Now Betty, who is living with high LDL cholesterol, can still enjoy her Grandma's favorite dish with a healthy twist. Franklin substituted catfish with sole, which has the same amount of calories, but half the fat. He also cuts back on the amount

of parmesan cheese used, and substitutes powdered garlic and lemon seasoning with fresh garlic cloves and lemon juice to provide more nutrients. The added kosher salt brings out the moisture in the fish, but be sure to lower salt in other dishes throughout the day to keep a healthy balance.

SERVES 8

Nutrition Information

Amount Per Serving:

166 calories, 10g fat, 0g carbohydrates, 0g fiber

Individual Serving Size:

4 oz. parmesan sole



Ingredients

- | | |
|---|--|
| 1 lb. sole (4 filets) | 2 tbsp. fresh lemon juice |
| 2 tbsp. olive oil | 1 tsp. each kosher salt (optional), cayenne pepper |
| 2 tsp. fresh garlic cloves, sliced thin | 1 tbsp. fresh chopped parsley |
| 1 tbsp. per filet micro planed fresh parmesan | |

Directions

Preheat oven to broil. Meanwhile, brush sole filets with olive oil. Put the lemon juice garlic, cayenne pepper and salt over the filets. Broil until done, roughly 7-8 min. Grate parmesan on the fish and serve.