

## Lemon Sole

*From Healthy in a Hurry, Jean Pare, Company's Coming, 2007*

1 cup fine dry bread crumbs

Grated zest from 1 small lemon

Sprinkle of salt

Sprinkle of pepper

1 large egg

6 fillets of fresh or frozen (thawed) sole, all small bones removed

1. Preheat oven to 400 degrees Fahrenheit. Combine first 4 ingredients in shallow bowl.
2. Beat egg in separate shallow bowl.
3. Dip fillets into egg. Press both sides of fillets into crumb mixture until coated. Place on greased baking sheet with sides. Bake for about 5 minutes until fish flakes easily when tested with a fork.

***Serves six. Per Serving  
Calories 187, Protein 25 g, Fat 3.2 g, Fiber 0.5 g***

