

- » Nonstick vegetable cooking spray
- » 3/4 cup seasoned bread crumbs
- » 2 tbsp grated Parmesan cheese
- » 1 tsp Italian seasoning
- » 1/4 tsp salt
- » 1 1/2 lb sole fillets
- » 2 tbsp lemon juice
- » 1 tbsp water
- » 1 tbsp melted margarine,
(nonhydrogenated)
- » 2 tbsp blanched slivered almonds
- » 2 chopped green onions
- » 8 oz linguini pasta, cooked according to
directions without salt or fat

Nutritional Content

Per Serving

Calories	488cal	Cholesterol	84mg
Protein	43g	Sodium	579mg
Carbohydrate	55g	Calories from Fat	17%
Fat	9g	Fiber	4g
Saturated Fat	2g		

Preheat oven to 450°F. Spray a baking sheet with nonstick vegetable cooking spray. In a shallow dish, mix the bread crumbs, Parmesan cheese, Italian seasoning, and salt. Coat damp fillets with bread crumb mixture and place on baking sheet. In a small bowl, mix the lemon juice, water, and melted margarine. Sprinkle over fish with a spoon. Scatter almonds on top. Bake until fish flakes easily, about 10 minutes. Sprinkle green onions on top before serving. Serve with hot linguini pasta. Serves 4.

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