

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

Nutritional Content

Per Serving

Calories	497cal	Cholesterol	84mg
Protein	43g	Sodium	736mg
Carbohydrate	56g	Calories from Fat	19%
Fat	10g	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 fillet 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 onion on top before serving. Serve with hot linguini pasta. Serves 1.

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