

Sole with Lemon-Caper Sauce

4 (5 oz.) **sole fillets**
(or other white fish)

Pinch **salt**

1½ tbsp **extra virgin olive oil**

SAUCE:

1 tbsp **butter**

1 tsp **lemon zest**

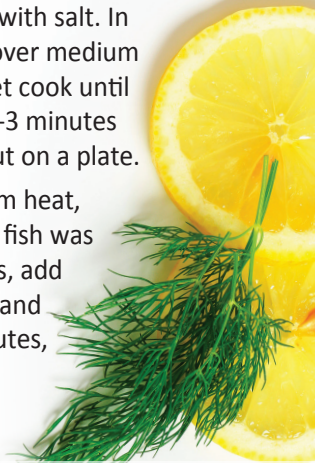
3 tbsp **lemon juice**

2 tbsp **dill**, chopped

2 tsp **capers**

Clean and dry sole. Sprinkle with salt. In a large pan, add oil and set over medium heat. When hot, add sole. Let cook until opaque and golden, about 2-3 minutes per side. Remove fish and put on a plate.

To make sauce: Over medium heat, add butter to same pan that fish was cooked in. Once butter melts, add lemon zest, lemon juice, dill and capers and cook for 1-2 minutes, stirring. Spoon sauce over fish fillets. Serve with lemon wedges.



Makes 4 servings. Per serving (1 fillet):

174 calories | 21g protein | 9g total fat | 3g saturated fat | 5g mono fat | 1g poly fat
68mg cholesterol | 1g carbohydrate | 0g sugar | 0g fiber | 172mg sodium