

Lemon Sole

France ✓
India

Ingredients

2 Tbsp butter, salted
2 c. sliced fresh mushrooms
1/4 c. lemon juice
1/4 tsp. fresh ground black pepper
1/4 tsp. paprika
1 lb. thawed sole fillets, not breaded
1/4 c. fresh parsley (1 Tbsp. dried)

Nutritional Info

Fat: 7.3g
Carbohydrates: 2.8g
Calories: 197.7
Protein: 29.3g

Directions

Rub the inside of a large skillet with a paper towel dipped in a tiny bit of olive oil (this helps prevent the butter from burning). Heat skillet on **medium** heat. Add butter, and immediately add mushrooms on top of butter (this prevents them from sticking). Stir - 1 minute. Add lemon juice, pepper, and paprika. Stir occasionally until mushrooms are tender, 4-6 min. Remove **sauce** and mushrooms to a bowl. Layer sole fillets on **bottom** of skillet. Pour sauce and mushrooms back into skillet on top of sole. Cover and **cook 5-8** minutes just until sole flakes **easily** with fork (overcooking makes the fish **tough**). Serve fish over dry brown rice, **top** with sauce and parsley.

Number of Servings: 4

Recipe submitted by **SparkPeople** user **ASTOCKTO**.

Nova in Purgatorio

Eggs in Purgatory



Serves 4

1 garlic clove, lightly crushed
2 tablespoons olive oil
2 cups canned tomato puree
4 fresh basil leaves, torn into pieces, or a pinch of dried oregano
Salt and freshly ground pepper
8 large eggs
1 tablespoon freshly grated Parmigiano-Reggiano or Pecorino Romano



In a medium skillet, cook the garlic in the oil over medium heat for about 2 minutes, or until lightly golden. Add the tomato, basil, and salt and pepper to taste. Bring to a simmer and cook for 15 minutes, or until the sauce is thickened. Discard the garlic.

Break an egg into a small cup. With a spoon, make a well in the tomato sauce. Slide the egg into the sauce. Continue with the remaining eggs. Sprinkle with the cheese. Cover and cook for 3 minutes, or until the eggs are done to taste. Serve hot.