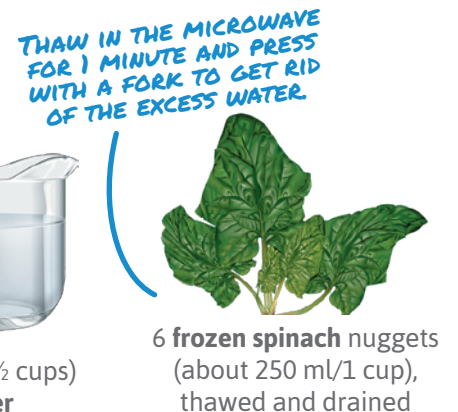


Greek Sole Fillets

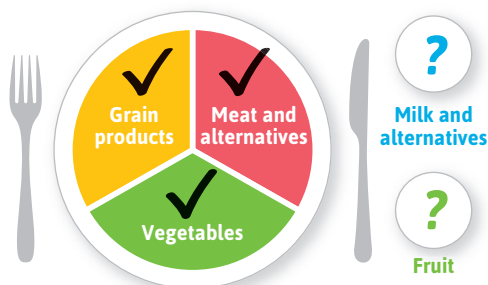
| | |
|------------------|---|
| Preparation time | 20 minutes |
| Cooking time | 40 minutes |
| Servings | 4 |
| Cost per serving | \$2.50 |
| Storage | 3 days in the fridge. Can be frozen. |
| Kitchen tools | Measuring cups and spoons, cutting board, sharp knife, large pot, wooden spoon, 9 x 13-inch baking dish. |



Ingredients



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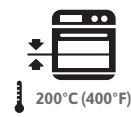





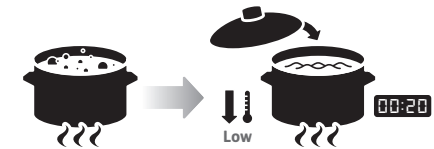

Balanced plate

Serve with:

? A vegetable to round out the serving (green vegetables, for example) and a fruit

? A glass of milk or fortified soy beverage

Directions

| | | |
|---|---|---|
| 1 | Place oven rack in the middle position and preheat the oven to 200°C (400°F). |  |
| 2 | In a 9 x 13-inch baking dish, combine tomato sauce, oregano, cinnamon, salt, pepper and hot sauce . |  |
| 3 | Gently place the sole fillets in the tomato sauce. |  |
| 4 | Spread the onion slices over the dish and drizzle with 10 ml (2 tsp) of oil . Bake about 30 minutes, until the sole flakes easily with a fork. |  |
| 5 | Meanwhile, in a large pot over medium-high heat, heat the oil [10 ml (2 tsp)] and cook the chopped onion for about 2 minutes. Add salt and pepper . |  |
| 6 | Add the rice and water and stir. |  |
| 7 | Bring to a boil, then reduce heat to low. Cover and cook for about 20 minutes. Tip: Use the cooking time to prepare your side dishes. |  |
| 8 | Add the spinach and mix until it is warmed thoroughly. Tip: The rice with spinach will be ready when the fish is done! Variation: For extra flavour add some lemon zest and juice. |  |

My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition