

Crumb-Topped Sole

*Taste of Home Test Kitchen
Taste of Home Magazine - April/May 2021*

Servings: 4

*3 tablespoons reduced-fat
mayonnaise
3 tablespoons grated
parmesan cheese, divided
2 teaspoons mustard seed
1/4 teaspoon pepper
4 (six ounce each) sole
fillets
1 cup soft bread crumbs
1 green onion, finely
chopped
1/2 teaspoon ground
mustard
2 teaspoons butter, melted
green onions (optional),
thinly sliced*

In a bowl, combine the mayonnaise, two tablespoons of cheese, mustard seed and pepper. Spread over the tops of the fillets. Place on a broiler pan coated with cooking spray.

Broil four inches from the heat until the fillets flake easily with a fork, 3 to 5 minutes.

In a bowl, combine the soft bread crumbs, green onion, ground mustard and remaining cheese. Stir in the butter. Spoon over the fillets. Spritz the topping with cooking spray.

Broil the fish until golden brown, 1 to 2 minutes longer.

Sprinkle the sole fillets with sliced green onions, if desired.

Per Serving (excluding unknown items): 253 Calories; 9g Fat (calories from fat); 34g Protein; 34g Carbohydrate; 1g Dietary Fiber; 90mg Cholesterol; 336mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Other Carbohydrates.