

Sole Bonne Femme

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 6

*2 pounds sole fillets
2 tablespoons margarine
1/2 pound fresh mushroom,
chopped
1 teaspoon parsley, minced
1/2 teaspoon salt
1/8 teaspoon pepper
3/4 cup dry sherry wine
juice of one lemon
4 tablespoons margarine
4 tablespoons flour
2 cups milk
1/4 teaspoon salt
dash pepper
Paprika (for sprinkling)*

Preheat the oven to 325 degrees.

In a flat baking dish, melt two tablespoons of the margarine. Place the fish fillets in a single layer. Sprinkle with the mushrooms, parsley, salt and pepper.

In a bowl, blend the sherry and lemon juice. Add to the baking dish. Cover with foil.

Bake for 15 minutes or until flaky and tender.

While the fish is baking, make the white sauce. In a saucepan, melt margarine. Stir in the flour. Blend until smooth. Add the milk, salt and pepper. Cook until bubbly, stirring constantly.

Turn the oven up to 375 degrees. Spread the white sauce over the fish fillets. Sprinkle with paprika and return to the oven for a few minutes or until hot and bubbly.

Per Serving (excluding unknown items): 318 Calories; 16g Fat (46.1% calories from fat); 33g Protein; 10g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 564mg Sodium. Exchanges: Grain(Starch); 4 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; Fat.