

Butter Parmesan Sole - serves ~ 6

<https://www.eminencenutrition.com/butter-parmesan-sole>



Ingredients:

- 12 Frozen sole fillets
- To taste Paprika
- ½ cup Parmesan cheese
- ¼ cup Butter, softened
- 3 tbsp. Mayonnaise
- 1 large Garlic clove, minced
- To taste Black ground pepper
- To taste Parsley
- 1-2 tbsp. Lemon juice (optional)

Directions

1. Preheat oven to 350F.
2. Place the sole fillets on an oil sprayed pan and sprinkle paprika on top.
3. Bake for 5 min.
4. While the sole is baking for the 5 min prepare the Parmesan topping by mixing the remaining ingredients in a bowl.
5. When the sole is done, top each fillet with the Parmesan topping and bake for another 5 min or until it flakes with a fork.
6. Enjoy! 😊