

SOLE FLORENTINE (for 6)

Source: Seafood - A Collection of Heart-Healthy Recipes (J. Harsila & E. Hansen)

INGREDIENTS:

1 1/2 lbs sole fillets
Lemon slices & parsley, to garnish

Stuffing:

1 TBS polyunsaturated margarine
1/2 C mushrooms, sliced
1 10 oz package frozen spinach
3/4 C green onion, sliced
1 C cooked rice
1/2 tsp dill weed
1/4 tsp pepper

Sauce:

1 TBS polyunsaturated margarine
2 TBS flour
1 1/4 C skim milk
3/4 C part-skim mozzarella cheese, grated
1 tsp Worcestershire sauce
1/2 tsp dry mustard
Dash red pepper (cayenne)

DIRECTIONS:

To prepare stuffing: Melt 1 TBS margarine in skillet - add mushrooms, spinach & onions - cook till tender - add rice, dill weed & pepper. Lay out sole fillets & divide stuffing among them - roll up & fasten with toothpicks - place in lightly-oiled shallow baking dish & bake 15-20 minutes in 400° F oven, or till fish flakes.

To prepare sauce: In saucepan, melt 1 TBS margarine - add flour - cook, stirring, till bubbly & smooth - remove from heat & gradually blend in milk - add remaining ingredients - cook over moderate heat, stirring till thickened & smooth - serve over fish - garnish with lemon slices & parsley.

[per serving: 195 calories; 8.7 g fat; 410 mg sodium; 65 mg cholesterol]