

## Sautéed Alaska Sole Capri

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Servings:** 4

### **Ingredients:**

1 cup clam juice

1/4 cup dry white wine

2/3 cup slivered fresh basil

2/3 cup sun-dried tomatoes in oil, sliced

Salt and pepper, to taste

4 Alaska Sole fillets (4 to 6 oz. each), fresh, thawed, or frozen

1 Tablespoon butter

1 Tablespoon olive, canola, peanut or grapeseed oil

Lemon wedges, if desired

### **Directions:**

Bring clam juice and wine to a boil in a large nonstick pan; stir in basil and tomatoes.

Cook down slightly. Season with salt and pepper; remove and keep warm.

Rinse any ice glaze from frozen Alaska Sole fillets under cold water; pat dry with paper towel. Heat butter and oil in a heavy nonstick skillet over medium-high heat. Add sole fillets; cook 2 to 3 minutes until browned.

Gently turn fillets over and season with salt and pepper. Cover pan tightly and reduce heat to medium. Cook an additional 2 to 3 minutes. (Reduce cook time by half for fresh or thawed fillets.) Cook just until fish is opaque throughout.

Spoon sauce over fillets to serve.

Nutrients per serving: 237 calories, 11g total fat, 3g saturated fat, 40% calories from fat, 77.5mg cholesterol, 28g protein, 5g carbohydrate, 1g fiber, 323mg sodium, 55mg calcium and .7g omega-3 fatty acids.

Variation: Substitute Alaska Cod or Pollock fillets for Alaska Sole. Adjust cook time for smaller fillets if necessary.