



Filet of Sole

Servings per recipe: 1

1 Serving = 1 protein, ¼ tsp lemon juice

Ingredients

- 100 grams of sole (or any approved whitefish)
- 1/4 teaspoon of lemon juice
- dash of tarragon
- 1/2 teaspoon of garlic
- dash of chopped chives
- sea salt to taste

Directions

Preheat oven to 350 degrees.

Sprinkle lemon juice over fish along with other ingredients.

Bake for 18-20 minutes.

