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| BAKED LEMON SOLE |  |
| 1 lb. sole fillets 1/4 c. vegetable oil 1/4 c. fresh lemon juice 3 tbsp. dry bread crumbs 3 tbsp. grated Parmesan cheese 1/2 tsp. paprika  In a small bowl combine vegetable oil and lemon juice with whisk; pour into 13x9x2 inch glass baking dish.  Rinse fillets in cold water, pat dry, add to baking dish and turn fillets over to coat with oil-lemon juice mixture.  Sprinkle fillets evenly with dry bread crumbs, then with grated Parmesan cheese. Dust with paprika. Bake at 350 degrees 15 minutes or until fish flakes easily with a fork. May also be done in microwave on high for about 3-4 minutes. Serves 4. | |