

Herbed Sole Fillets

3 medium shallots , chopped
1 lb sole fillet , rinse and pat dry
1 1/2 tsp dried basil
1/2 tsp dried rosemary , crushed
1/4 tsp black pepper
1/4 cup vermouth
1/4 cup fresh lemon juice
1 tbsp chopped parsley
1 cooking spray

Directions

Preheat the oven to 350 degrees F. Spray a casserole dish with the nonstick cooking spray and spread the shallots on the bottom.

Spray a casserole dish with the nonstick cooking spray and spread the shallots on the bottom. Season the fillets with the basil, rosemary, and pepper.

Roll the fillets starting with the bigger end. Set the rolled fillets in the prepared dish. Spoon the vermouth and lemon juice over all.

Bake for about 25 minutes. Garnish with the parsley.

You can substitute 1 pound flounder fillets.

(Recipe courtesy of www.dlife.com)

