



**PAN-FRIED SOLE WITH CUCUMBER  
TOMATO SALSA**

Basic Lifestyle

**Ingredients**

2 cups quartered cherry tomatoes  
3/4 cup finely chopped cucumber  
1/3 cup finely chopped yellow bell pepper  
3 TBS chopped fresh basil  
2 TBS capers  
1-1/2 TBS finely chopped shallots  
1 TBS balsamic vinegar  
2 TSP grated lemon rind  
1 TSP salt, divided  
1/4 TSP freshly ground black pepper, divided  
1 TBS olive oil  
4 (6 oz.) Sole fillets, skinned

**Instructions**

1. Combine fir 8 ingredients in a bowl; stir in 1/2 salt and 1/8 TSP black pepper.
2. Heat oil in a large nonstick skillet over medium-high heat. Sprinkle fish with 1/2 TSP salt and 1/8 TSP black pepper. Add fish to pan. Cook 1-1/2 minutes on each side or until fish flakes easily when tested with a fork. Serve with salsa.

**Portion-Per-Serving Information** (Yields 4 servings): Serving = 1 fillet + 1/2 cup salsa = 1 P, 1 V