



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-ounce) sole fillets, skinned

INSTRUCTIONS

—Combine first 8 ingredients in a bowl; stir in 1/2 teaspoon salt and 1/8 teaspoon black pepper.

—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.

SERVING INFO: (Serves 4)

1 fillet + 1/2 cup salsa = 1 P, 1 V