

CRUSTED FILET OF SOLE

Ingredients

6 frozen or fresh sole filets, rinsed
1 c. breadcrumbs
1 Tbsp +1tsp granulated garlic
2 tsp paprika
Salt & pepper, to taste

Method

- Preheat oven to 375°
- Mix breadcrumbs & seasonings together in a Ziploc bag
- Shake each filet in the Ziploc to coat with mixture (bag closed)
- Place filets on parchment-lined cookie sheet
- Bake for 10-20 minutes or until cooked through & flaky