

## ALASKA SOLE CAPRI



**prep time: 5 cook time: 10 servings: 4**

### INGREDIENTS

1 cup clam juice  
1/4 cup dry white wine  
2/3 cup slivered fresh basil  
2/3 cup sun-dried tomatoes in oil, sliced  
Salt and pepper, to taste  
4 Alaska Sole fillets (4 to 6 oz. each)  
1 Tablespoon butter  
1 Tablespoon olive, canola, peanut or grapeseed oil  
Lemon wedges, if desired

### DIRECTIONS

Bring clam juice and wine to a boil in a large nonstick pan; stir in basil and tomatoes. Cook down slightly. Season with salt and pepper; remove and keep warm.

Rinse any ice glaze from frozen Alaska Sole fillets under cold water; pat dry with paper towel. Heat butter and oil in a heavy nonstick skillet over medium-high heat. Add sole fillets; cook 2 to 3 minutes until browned. Gently turn fillets over and season with salt and pepper. Cover pan tightly and reduce heat to medium. Cook an additional 2 to 3 minutes. (Reduce cook time by half for fresh or thawed fillets.) Cook just until fish is opaque throughout.

Spoon sauce over fillets to serve.

Nutrients per serving: 237 calories, 11g total fat, 3g saturated fat, 40% calories from fat, 77.5mg cholesterol, 28g protein, 5g carbohydrate, 1g fiber, 323mg sodium, 55mg calcium and 700g omega-3 fatty acids.

Variation: Substitute Alaska Cod or Pollock fillets for Alaska Sole. Adjust cook time for smaller fillets if necessary.



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