

## **Baked Sole Fillet with Herbs**

**4 cups** Cauliflower-mash (Faux Mashed Potatoes) - (see recipes in sides and snacks)

**2 (10-oz) packages** frozen Brussels sprouts - microwave per package instructions

**2 tbsps** minced fresh parsley leaves

**2 tbsps** minced fresh chives

**1 tsp** minced fresh tarragon leaves - or basil, or dill

**1/2 tsp** lemon zest

**5 tsps** olive oil

**2 cloves** garlic - minced or pressed through garlic press (about 2 teaspoons)

**4 (4-oz)** boneless, skinless sole fillets - or 2 8 oz cut in half when cooked (or flounder fillets)

Kosher salt

ground black pepper

**1 tbsp** Dijon mustard

lemon wedges - for serving

**4** tomatoes - sliced, sprinkled with salt

**1** No-Fat Tasty Dressing - (see recipes in sides and snacks)

**4** peaches - or 4 cups packed in water

### **Instructions**

Prepare the Cauliflower-mash and No-Fat Tasty Dressing and set aside. (See sides and snacks.) When the fish is halfway through cooking, cook the Brussels sprouts in the microwave. Adjust oven rack to middle position and heat oven to 325°F. Combine parsley, chives, tarragon and lemon zest in a small bowl. Heat 2 1/2 tablespoons olive oil in 8-inch skillet over medium heat until just warmed. Add minced garlic and cook, stirring frequently, until fragrant, 1 to 2 minutes. Set skillet aside. Pat fillets dry with paper towels and season both sides with salt and pepper. Turn fillets skinned side up with tail pointing away from you. Spread 1/2 teaspoon mustard on each fillet, sprinkle each evenly with about 1 tablespoon herb–lemon zest mixture, and drizzle each with about 1 1/2 teaspoons garlic/oil. Tightly roll fillets from thick end to form cylinders. Set fillets seam-side down in 9 x 9-inch baking dish. Drizzle remaining garlic/oil over fillets, cover baking dish with aluminum foil, and bake 20 minutes. After fillets have baked 20 minutes, remove baking dish from oven. Slice the tomatoes and drizzle the Brussels sprouts with the dressing. Enjoy peaches for dessert.