



## Almond Crusted Fillet Of Sole

- 1 cup Almond Accents® Oven Roasted No Salt Flavored Sliced Almonds
- 1/4 cup Italian breadcrumbs
- 1/4 cup chopped parsley
- 1/4 cup grated Parmesan cheese
- 1/2 cup all-purpose flour
- 1lb. fillets of sole, rinsed and patted dry
- Salt and black pepper
- 1 Tbsp. vegetable oil
- 2 green onions, sliced
- 1 lemon, cut into wedges
- 1 large egg, beaten with 2 Tbsp. water



Preparation Time : 15  
minutes

With a rolling pin, crush Almond Accents. Mix with breadcrumbs, parsley and cheese. Place egg and flour in separate plates for coating fish. Season fish with salt and pepper. Dip each fillet into beaten eggs, then flour, and then press both sides into almond mixture. Heat oil in sauté pan over medium-high heat. Cook fish on each side about 3 minutes or until it flakes easily with fork. Sprinkle with scallions; serve with lemon wedges.

Makes 4 servings

Nutrition Information Per Serving: 423 calories; 22 g fat; 112 mg cholesterol; 443 mg sodium; 22 g carbohydrate; 5 g fiber; 32 g protein

For more great recipe ideas, visit [www.almondaccents.com](http://www.almondaccents.com).