



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Spinach-Stuffed Sole

Ingredients

- 1 teaspoon oil, olive
- 1/2 pounds mushrooms, fresh, sliced
- 1/2 pounds spinach, fresh, chopped
- 1/4 teaspoon oregano leaves, crushed
- 1 clove(s) garlic, minced
- 1 1/2 pounds fish, fillet of sole, or other white fish
- 2 tablespoon sherry, dry
- 4 ounce(s) cheese, mozzarella, part-skim, grated (1 cup)
- cooking spray

Preparation

1. Preheat oven to 400 degrees F.
2. Coat 10- by 6-inch baking dish with nonstick cooking spray.
3. Heat oil in skillet and sauté mushrooms until tender, about three minutes.
4. Add spinach and continue cooking for one minute or until spinach is barely wilted. Remove from heat and drain liquid into prepared baking dish.
5. Add oregano and garlic to drained sautéed vegetables. Stir to mix ingredients.
6. Divide vegetable mixture evenly among fillets and place in center of each.
7. Roll each fillet around mixture and place seam-side down in prepared baking dish.
8. Sprinkle with sherry, then grated mozzarella cheese. Bake for 15 to 20 minutes or until fish flakes easily. Lift out with slotted spoon.