

Nut Crusted Wild Sole

This is a nice fish dish and even kids will think of it as chicken.

Wild sole fillets (usually are sliced 1/4-1/2" thick)

Hazelnut flour

1 egg

2 Tbsp. wheat free Tamari Sauce

1 tsp. spicy mustard

Mix egg, tamari and mustard in a wide bowl and put hazelnut flour in another wide bowl.

Dredge sole fillets in egg mixture, then in hazelnut flour (Optional is to add some shredded coconut to the hazelnut flour, yum)

Place on baking sheet sprayed with a natural spray (Organic Olive Oil Spray)

Bake at 400 for 10-15 minutes (uncovered)

You could use this method for chicken, if you pound it fairly flat first)

Recipe by: Healthy Lifestyle - Chaos Control

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