

Recipe for: Spinach Stuffed Sole with Chipotle Sauce

Ingredients: 2 (6 oz.) sole fillets or 4 (3 oz.) fillets
1 medium squash, sliced
1 medium zucchini, sliced
1 Tbsp. fresh thyme, chopped
1 bag baby spinach
2 garlic cloves, minced
Splash of balsamic vinegar
1 lemon, zested
½ tsp. nutmeg

Tomato Chipotle Sauce:

3 regular tomatoes, sliced marinated chipotle (to taste)
1 tsp. dried oregano

Rice Pilaf:

½ cup brown rice
1 cup chicken or vegetable stock (organic if possible)
¼ cup red pepper, fine diced
1 Tbsp. green onion. Chopped
¼ cup onion, fine diced

Preparation: Pre-heat oven to 300°. Follow regular instructions and cook rice in stock. Sauté chopped onion and diced pepper together, season with salt and pepper. When rice is cooked, add with raw green onion to the sautéed onions and peppers; set to the side.

Slice zucchini and squash into 1/4-inch strips and toss together with one minced garlic clove, chopped thyme, salt and pepper, and a splash of balsamic vinegar. Let marinate.

For tomato-chipotle sauce, place sliced tomatoes on a cooking sheet in a single layer. Season slices with salt and pepper, oregano, and drizzle some olive oil on top. Roast for approximately 20 minutes or until very tender.