



Pacific Sole with Oranges & Pecans

Cook: 20 min Ready In: 20 min

Recipe By: **EatingWell Test Kitchen**

“Not so long ago, Dover sole meant an overcooked fillet swimming in butter, dotted with tasteless dried herbs and soaked in too much lemon juice. But sole deserves a comeback: it can become a satisfying, sophisticated, one-skillet dinner with very little effort. *The recipe can easily be doubled.*”

Ingredients

- 1 orange
- 10 ounces Pacific sole, (**see Note**) or tilapia fillets
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 teaspoons unsalted butter

- 1 medium shallot, minced
- 2 tablespoons white-wine vinegar
- 2 tablespoons chopped pecans, toasted (**see Cooking Tip**)
- 2 tablespoons chopped fresh dill

Directions

1. Using a sharp paring knife, remove the skin and white pith from orange. Hold the fruit over a medium bowl and cut between the membranes to release individual orange sections into the bowl, collecting any juice as well. Discard membranes, pith and skin.

2. Sprinkle both sides of fillets with salt and pepper. Coat a large nonstick skillet with cooking spray and place over medium heat. Add the fillets and cook 1 minute for sole or 3 minutes for tilapia. Gently flip and cook until the fish is opaque in the center and just cooked through, 1 to 2 minutes for sole or 3 to 5 minutes for tilapia. Divide between 2 serving plates; tent with foil to keep warm.
3. Add butter to the pan and melt over medium heat. Add shallot and cook, stirring, until soft, about 30 seconds. Add vinegar and the orange sections and juice; loosen any browned bits on the bottom of the pan and cook for 30 seconds. Spoon the sauce over the fish and sprinkle each portion with pecans and dill. Serve immediately.
4. Makes 2 servings.

Ingredient Note: The term “sole” is widely used for many types of flatfish from both the Atlantic and Pacific. Flounder and Atlantic halibut are included in the group that is often identified as sole or grey sole. The best choices are Pacific, Dover or English sole. Other sole and flounder are overfished.

Cooking Tip: To toast chopped nuts or seeds: Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Nutrition information

Per serving: 185 calories; 9 g fat(3 g sat); 2 g fiber; 11 g carbohydrates; 16 g protein; 35 mcg folate; 65 mg cholesterol; 6 g sugars; 0 g added sugars; 493 IU vitamin A; 43 mg vitamin C; 64 mg calcium; 1 mg iron; 649 mg sodium; 366 mg potassium

Nutrition Bonus: Vitamin C (72% daily value)

Carbohydrate Servings: ½

Exchanges: 1 fruit, 4 lean meat, 1 fat | 1 Carbohydrate Serving