

Filet of Sole with Bacon, Shallot and Agave Asian Dressing



DRESSING:

2 1/2 tablespoons fresh lemon juice
 1 tablespoon agave nectar
 1 tablespoon low-sodium soy sauce
 1 teaspoon fresh ginger, peeled and grated
 1/4 teaspoon sesame oil, dark type

FISH:

1 tablespoon extra virgin olive oil
 24 ounces sole fillets

Salt and pepper to taste

SALAD:

4 cups salad greens, [I used Romaine and arugula]
 4 whole radishes, thinly sliced
 3 whole green onions, minced
 16 whole cherry tomatoes, halved

TOPPING:

2 slices thick-sliced bacon, cut in 1/2" pieces
 2 whole shallots, peeled, minced

Per Serving (excluding unknown items): 277 Calories; 9g Fat (29.9% calories from fat); 36g Protein; 13g Carbohydrate; 2g Dietary Fiber; 87mg Cholesterol; 404mg Sodium.

Exchanges: 5 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>

Notes: The original recipe used very little dressing, so you may want to double the quantity. Although I changed a little of what was in it, it still doesn't make very much. If you'd like to actually toss the salad with a dressing, make double the dressing and toss half of it on the salad, and pour the remaining per the recipe directions.

1. In a skillet (large enough so it will eventually hold the fish fillets) saute the bacon. When it has cooked half way through add the shallots. Reduce heat and cook until the bacon is crispy and the shallots cooked through. Drain on a paper towel and set aside.
2. Drain the fish filets on paper towels. Season on both sides with salt and pepper. Heat the olive oil in the same pan and add the fish. Saute on both sides until just barely done and fish flakes easily with a fork, about 3-4 minutes per side.
3. Meanwhile, combine the salad ingredients in a bowl and set aside. Make the dressing by combining the ingredients in a small bowl.
4. Mound the salad onto plates, place the hot fish on top of the salad. Stir the dressing and drizzle over the fish, then sprinkle the bacon-shallot mixture on top. Serve immediately.