

Bronzed Oregon Sole

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| 2 lbs. | Oregon Sole Fillets |
| 4 Tbsps | Butter, unsalted or olive oil |
| 1 Tbsp | Cajun's Choice Blackened Seasoning |
| 4 small | Roma tomatoes, chopped |
| 4 each | Green onions, chopped |
| 3 Tbsps | Capers |
| 2 Tbsps | Lemon juice, fresh |

1. In a large sauté pan, over medium high heat, melt butter.
2. Add Blackened Seasoning and stir, cooking for 45 seconds to 1 minute.
3. Add fillets and sauté for 3 minutes.
4. Turn fillets and add remaining ingredients and sauté for additional 2 minutes.
5. Plate fillets, topping with tomato and onion mixture.

Add steamed fresh asparagus, new baby red potatoes and a "Big" Chardonnay to complete a perfect meal.

Enjoy!!