

Stuffed Sole

- 1 1/2-2 lbs. Fresh Oregon fish fillets, (flounder, petrale, Dover, English or rex sole)
- 1/2 cup Oregon pink shrimp
- 2 T. butter or margarine
- 1/2 cup finely chopped onion or 5 green onions, finely chopped
- 1/4 cup finely chopped celery
- 1/4 cup finely chopped green pepper
- 1/2 cup finely chopped fresh mushrooms
- 2-4 T. melted butter or margarine
- 1/2 tsp. salt
- 1/2 tsp. poultry seasoning
- dash lemon pepper
- 1/2 cup fine, dry bread crumbs
- Mornay Sauce* (below)

Sauté onion, celery, green pepper and mushrooms in butter. Cut fillets in half, if necessary, so each is about 2 inches wide. Brush fillets, skin side up (the darker side), with melted butter. Combine salt, poultry seasoning and lemon pepper. Sprinkle fillets with bread crumbs and seasoning mixture. Place spoonful of sautéed onion mixture on each fillet, along with shrimp. Roll fillet gently and place seam side down in 7" x 11" baking dish. Top with Mornay Sauce. Bake at 400°F, 20-30 minutes until fish flakes easily when tested with fork. Makes 4-6 servings.

MICROWAVE: Cover glass baking dish with waxed paper. Cook at **full power**, 8-10 minutes, or until fish flakes easily when tested with fork. Let stand for about 5 minutes before serving.

*Mornay Sauce

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| 1 cup cream or milk | 1/2 tsp. Salt |
| 1 tsp. instant chicken flavor stock | dash pepper |
| 1/2 tsp. dried basil (optional) | 1 tsp. dried minced onion |
| 1 tsp. dried parsley flakes | 3 T. flour |
| 1 cup grated cheese (Swiss, Monterey Jack or Cheddar) | |
| 1/4 cup dry sherry | 3 T butter or margarine |

Combine all ingredients except sherry. Cook over medium heat, stirring gently until thick, approximately 10 minutes. Add sherry to blend.

MICROWAVE: Cook at **full power** 3-4 minutes, stirring every 45 seconds, or until thick. Add sherry to blend.