



early childhood community development centre

Savory Sole Fingers

Ingredients - makes 8 servings

- 1 cup bread crumbs
- ½ cup grated parmesan cheese
- 14 oz frozen sole fillets, thawed thoroughly patted dry, and cut into strips
- 3 tbsp olive oil, divided
- 2 tbsp butter or margarine, divided

Directions

1. In a bowl, combined bread crumbs and Parmesan, stir to mix well
2. Dredge fish strips in crumbs and coat completely and transfer to a plate
3. In a skillet, heat half of the oil and half of the butter over medium heat
4. In batches, add fish and cook for 5 minutes on one side, turn over and cook for another 2 minutes or until lightly browned

Better Food for Kids: Your essential guide to nutrition for all children from age 2 to 6

By: Joanne Saab, RD, and Daina Kalnins, RD

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