

# BEYOND HUNGER

## Greek Ladolemono Dressing with Baked Fish

*Ladolemono is a Greek word that translates to olive oil and lemon. In this recipe, the olive oil and lemon dressing combine to flavor the fish for a perfect match.*

**Yields:** 3 servings of fish with dressing

### Ingredients for Ladolemono Dressing:

- 6 Tbsp **extra virgin olive oil**
- 2 Tbsp fresh **lemon juice**
- 2 Tbsp **fresh Italian parsley**, chopped
- 1 pinch **salt**

### Ingredients for the Fish:

- 1 pound **fish**, like sole fillets
- **salt and pepper**, to season fish
- 4 cloves **garlic**, finely chopped
- 2 **green onions**, white part separated from green (chop green part and slice white part in half)
- ½ **lemon**, thinly sliced
- ¼ c **fresh Italian parsley**, chopped

### Instructions:

1. Preheat oven to 350°.
2. For the dressing: whisk together all ingredients in a small bowl until thickened and well-combined
3. Pat the fish dry and season with salt and pepper. Then place the fish on a lightly oiled baking sheet. Sprinkle the chopped garlic and chopped green onions (greens) over the fish. Place the sliced whites of the green onions next to the fish.
4. Spoon ½ of the ladolemono dressing over the fish, including the garlic and onions. Reserve remaining dressing for later. Lay the sliced lemon on top of the fish. Sprinkle with 2 Tbsp fresh parsley.
5. Bake fish for 10-15 minutes or until 145° and opaque. Do not overcook.
6. Remove fish from oven and drizzle with remaining ladolemono dressing. Sprinkle with remaining 2 Tbsp parsley. Serve while warm.

This recipe was adapted from [olivetomato.com](http://olivetomato.com).