

Baked Flounder

Serves 4

4 (6 ounce) flounder fillets
½ tsp salt
1/8 tsp pepper
1/3 cup seasoned bread crumbs
2 tbsp olive oil
1/3 cup grated parmesan cheese
1 tbsp chopped parsley (optional)
4 lemon wedges (optional)

Preheat oven to 425 degrees.

Coat a baking dish with cooking spray.

Lay the fish in the baking dish. Sprinkle with salt and pepper.

Combine bread crumbs and olive oil in a bowl, working with your fingers until all of the bread crumb are damp with oil. Stir in parmesan cheese.

Top the fish evenly with the crumb mixture.

Bake 12-15 minutes or until golden brown.

Sprinkle with parsley and garnish with lemon before serving (optional).

Per serving:

289 calories

37g protein

7g carbohydrates

12g fat

3g sat fat

88mg cholesterol