

Flounder with Shrimp Stuffing

Marie Forte - Raritan, NJ
Taste of Home Grandma's Favorites

Servings: 6

STUFFING

6 tablespoons butter, cubed

1 small onion, finely
chopped

1/4 cup celery, finely
chopped

1/4 cup green pepper, finely
chopped

1 pound uncooked shrimp,
peeled, deveined and
chopped

1/4 cup beef broth

1 teaspoon diced pimientos,
drained

1 teaspoon Worcestershire
sauce

1/2 teaspoon dill weed

1/2 teaspoon chives,
minced

1/8 teaspoon salt

1/8 teaspoon cayenne
pepper

1 1/2 cups soft bread
crumbs

FISH

6 (3 ounce) flounder fillets

5 tablespoons butter,
melted

2 tablespoons lemon juice

1 teaspoon fresh parsley,
minced

1/2 teaspoon paprika

salt (to taste)

pepper (to taste)

Preparation Time: 30 minutes

Bake Time: 20 minutes

Preheat the oven to 375 degrees.

In a large skillet, melt the butter. Add the onion, celery and green pepper. Saute' until tender. Add the shrimp. Cook and stir until the shrimp turn pink.

Add the broth, pimientos, Worcestershire, dill, chives, salt and cayenne. Heat through. Remove from the heat. Stir in the bread crumbs.

Spoon about 1/2 cup of stuffing onto each fillet. Roll up. Place seam-side down in a greased 13x9-inch baking dish. Drizzle with the butter and lemon juice. Sprinkle with the seasonings.

Bake, uncovered, for 20 to 25 minutes or until the fish flakes easily with a fork.

Per Serving (excluding unknown items): 309 Calories; 23g Fat (65.6% calories from fat); 18g Protein; 9g Carbohydrate; 1g Dietary Fiber; 98mg Cholesterol; 454mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.