
Stuffed Flounder II

Arlene Krumholtz - New York

North American Potpourri - Autism Directory Service, Inc - 1993

Servings: 4

1 pound flounder fillets
1/2 cup chopped celery
1/2 cup chopped mushrooms
4 tablespoons butter or margarine
salt (to taste)
pepper (to taste)
1/2 cup carrots, diced
1/2 cup onion, chopped
1 cup bread crumbs
1 lemon

Preheat the oven to 350 degrees.

Saute' the carrots, celery, onion and mushrooms in butter until soft. Stir in the bread crumbs, salt and pepper to taste.

Grease a baking dish. Place the flounder in the dish. Spoon the vegetable mixture over the fish. Layer with fish. Squeeze the lemon juice on top. Cover.

Bake for 30 minutes or until the fish flakes.

Seafood

Per Serving (excluding unknown items): 334 Calories; 14g Fat (38.9% calories from fat); 26g Protein; 25g Carbohydrate; 2g Dietary Fiber; 86mg Cholesterol; 462mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 2 1/2 Fat.