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# Stuffed Flounder

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

Servings: 4

**4 flounder fillets with pockets**

**1/2 cup butter, melted**

**2 teaspoons salt**

**1/2 teaspoon pepper**

**1 cup onion, chopped**

**1/4 cup butter, melted**

**2 cups shrimp, diced**

**1 cup Cheddar cheese, cubed**

**2 tablespoons parsley**

**2 teaspoons mustard**

**1/2 teaspoon salt**

**pepper**

Wash the flounder. Pat dry with paper towels. Salt and pepper the fillets. Brush with melted butter. Place the fillets in a well greased flat pan.

In a bowl, combine the shrimp, Cheddar cheese, parsley, mustard, salt and pepper. Mix well.

In a skillet, saute' the onion in butter. Add the onion to the stuffing mixture. Mix well. Fill the flounder pocket with the stuffing mixture.

Bake in the oven at 350 degrees for 25 to 35 minutes or until the flounder flakes easily.

## **Seafood**

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*Per Serving (excluding unknown items): 563 Calories; 46g Fat (73.6% calories from fat); 32g Protein; 5g Carbohydrate; 1g Dietary Fiber; 303mg Cholesterol; 2068mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 8 Fat; 0 Other Carbohydrates.*