Working On Wellness (WOW)
Recipe Card

Shrimp Stuffed Flounder

INGREDIENTS

- 1 tablespoon olive oil
- 1/2 pound peeled and deveined shrimp, cut up
- 1/2 teaspoon minced garlic
- 1/2 cup unseasoned dried bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 pound flounder fillets
- 1/4 cup white wine or nonalcoholic white wine
- 1/2 tablespoon parsley

DIRECTIONS & NOTES

1. Preheat the oven to 350°F.
2. Heat the oil in a large skillet over medium-high heat. Add the shrimp and garlic and cook, stirring frequently, for 5 minutes, or until the shrimp is opaque. Remove to a large bowl. Add the bread crumbs and cheese and stir to combine.
3. Place the flounder on a work surface. Evenly divide the shrimp mixture among the fillets, spreading almost to the edge. Roll the fillets from a short end to enclose the filling. Secure with wooden picks. Place the rolls in a 13" x 9" baking dish. Pour the wine into the dish. Sprinkle with the parsley.
4. Bake for 15 minutes, or until the fish flakes easily.

Prep: 15 min

Cook: 22 min

Servings: 4

Nutrition Report Card

252.4 calories	
6.9	grams total fat
1.5	grams Saturated fat
281	milligrams sodium
7.6	grams carbs

Recipe Source: http://recipes.prevention.com/Recipe/stuffed-flounder.aspx