

Baked Flounder

1/2 cup butter
1 1/2 tbsp. finely chopped onion
1 tsp. oregano
1/4 tsp. salt
1 tbsp. parsley
3 1/2 tbsp. lemon juice
4—6 skinless flounder fillets

Preheat oven to 350°

Melt butter in a small pan. Add salt, oregano, onion and parsley. Stir and let cook for one minute. Remove from heat. Add lemon juice.

Wash flounder fillets and pat dry. Dip fish in butter mixture and gently roll. Place seam side down on a baking sheet. You may need to secure with a toothpick to hold shape.

Cook for 10—15 minutes. Fish should be nice and flaky when done.

***Another twist on this dish is to stuff the flounder with crabmeat before rolling. If stuffed, cook for 20—25 minutes.