



From Our Boats To Your Table!

Creamy Flounder

Serves 4-5

Ingredients

- 2 lb Flounder fillets
- 2 tablespoons butter
- 1 cup sour cream
- 1/3 cup grated Parmesan cheese
- 1 cup onions, sliced
- 1 tablespoon lemon juice
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- 1/4 cup olive oil

Directions

Arrange fillets in a buttered baking dish. Combine sour cream, grated cheese, lemon juice and spread over fish. Top with onion slices. Bake in a 350 degree oven for 13 minutes or until fish is done.