



Roasted Flounder With Lime

Ingredients

- 8 flounder fillets
- 1 stick butter
- 1 cup breadcrumbs
- 1 cup parmesan cheese
- 1 lime
- salt & pepper

Mix 1 cup breadcrumbs and 1 cup parmesan cheese together in a medium size bowl.

Place 1 stick of butter and the juice of 1 lime into a medium size bowl and microwave until the butter melts. Place all 8 flounder fillets into the bowl.

Next, dredge each flounder fillet in the crumb and cheese mixture. Then place the fillets into a roasting pan that has been sprayed with cooking spray. Salt & pepper the fillets.

Place the roasting pan into a pre-heated 425-degree oven and bake for 30 minutes or until fish is flaky and crumbs are brown.