



Baked Flounder with Fresh Lemon Pepper

Serves 4

**note, fluke flounder can vary in thickness, this recipe is for a small fillet*

Ingredients

- 4 (6-ounce) flounder fillets
- 2 tablespoons grated lemon rind (about 3 lemons)
- 1 tablespoon extra-virgin olive oil
- 1 ¼ teaspoons black peppercorns, crushed
- ½ teaspoon salt
- 2 garlic cloves, minced
- Cooking spray
- Lemon wedges (optional)

Directions:

Preheat oven to 425°.

Combine first 5 ingredients. Place fillets on a jelly roll pan coated with cooking spray. Rub garlic mixture evenly over fillets. Bake at 425° for 8 minutes or until fish flakes easily when tested with a fork. Serve with lemon wedges, if desired.

Goes perfectly with steamed asparagus.

