

Mix It Up! with Gina

Gina's Recipe of the Week

Stuffed Flounder with Crabmeat

The American Heart Association recommends having one serving of baked fish at least twice a week. My Stuffed Flounder with Crabmeat is an excellent heart healthy fish recipe for American Heart Month. Your family will love how great the crabmeat stuffing tastes with the flounder fillets. Flounder is on sale at your local Foodtown so pick some up for dinner tonight! Enjoy! -Gina



Prep Time: 15 mins | Ready in: 40 mins | Servings: Makes 4 Fillets

Mix It Up...

Preheat oven to 350 degrees F.

Wash and pat dry flounder fillets.

In a bowl, add 1 cup of cracker crumbs, ½ cup ground almonds, 1 teaspoon of parsley flakes, 1 teaspoon of dry mustard, ½ teaspoon of old bay seasoning, 1 large egg, 1 tablespoon of olive oil and 3-4 tablespoons of low fat mayonnaise. Mix all until blended.

Fold in crabmeat.

Spray the bottom of a baking dish with cooking spray. Place the flounder fillets in the baking dish. Top each fillet with a mound of crabmeat filling, dividing evenly among the 4 fillets. Roll the fillets with the seam at the bottom.

Squeeze fresh lemon over each fillet and sprinkle salt, pepper and paprika.

Bake at 350 degrees F for 25 minutes and broil for another 5 minutes.

Stop by Foodtown to pick up all of your ingredients to make this delicious dish!

Ingredients

- 4 Flounder Fillets
- ½ Lb. Lump Crabmeat
- 1 Cup Cracker Crumbs
- ½ Cup Ground Almonds
- 1 Large Egg
- 1 Tablespoon Parsley Flakes
- 1 Teaspoon Dry Mustard
- ½ Teaspoon Old Bay Seasoning
- 1 Fresh Lemon
- 1 Tablespoon Olive Oil
- 3 to 4 Tablespoons Low Fat Mayonnaise
- Salt, pepper and paprika to taste