

Greek Style Flounder

POINTS® Value: 3

Servings: 4

Ingredients

1/4 cup fresh lemon juice
1 1/2 Tbsp balsamic vinegar
1 tsp dried oregano
1 1/2 tsp olive oil
1/4 tsp table salt
1/8 tsp black pepper
16 oz flounder fillet(s), 4 - 4oz fillets

Instructions

Combine first 6 ingredients. Place fish in a 13- x 9- x 2-inch baking dish coated with cooking spray; pour lemon juice mixture over fish. Bake at 350 for 12 minutes or until fish flakes easily when tested with fork.

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