

Spinach Stuffed Alaskan Flounder

(Yield: 6 servings)

Ingredients:

6 Alaskan flounder fillets

½ tsp Old Bay Seasoning

1 tbsp. olive oil

3 oz. cream cheese

½ cup shredded mozzarella cheese

½ cup feta cheese, crumbled

3 oz. fresh baby spinach, roughly chopped

Directions:

Place the cream cheese, mozzarella, feta and chopped baby spinach in a large mixing bowl. Mix the spinach and cheese using your hands until they are well combined. Set aside.

Place the flounder fillets on a large board. On each fillet, sprinkle the desired amount of Old Bay Seasoning and season with salt and pepper to taste.

Divide the stuffing into 6 equal portions. Working one at a time, shape the portion of stuffing into an egg shape and place it close to the tail end of the fillet. Then, starting from the tail, roll up each fillet, and place seam side down on a baking sheet. Sprinkle a little Old Bay Seasoning on top of the fish rolls, and using a pastry brush spread some olive oil over the fillets.

Bake at 350°F for about 20 minutes, until fish is cooked through and flakes easily.

