

# Baked Flounder Rolls

From – *Moosewood Restaurant Low-Fat Favorites*

2 medium zucchini, sliced into 1/2" rounds

4 flounder fillets (about 6 oz each)

1/4 to 1/2 cup pesto

1/4 cup fresh lemon juice

ground black pepper to taste

- Preheat oven to 400 degrees.
- Spread the zucchini slices over the bottom of a lightly oiled 9" x 9" shallow baking dish.
- Rinse and dry the flounder and lay each fillet, skin side up, flat on the counter.
- Place about 1 tbs of pesto on the center of each fillet and then roll it up.
- Arrange the flounder rolls on top of the zucchini, seam side down.
- Sprinkle the rolls and zucchini with the lemon juice.
- Top each fillet with pepper
- Cover the pan with foil and bake for 20 to 30 minutes until the fish is cooked through and the zucchini is tender.



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