Baked Flounder Rolls
From – Moosewood Restaurant Low-Fat Favorites

2 medium zucchini, sliced into 1/2” rounds
4 flounder fillets (about 6 oz each)
¼ to ½ cup pesto
¼ cup fresh lemon juice
ground black pepper to taste

• Preheat over 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 tbls 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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