

# Lemon Parmesan Flounder

## Ingredients

2 lbs Flounder Fillets  
2 tbsp Lemon Juice  
1/2 cup grated Parmesan Cheese  
1/4 cup Butter or Margarine, melted  
3 tbsp Mayonnaise  
3 tbsp chopped Green Onions  
1/4 tsp Salt

## Directions

Preheat oven to 375°. Spray a baking dish lightly with non-stick cooking spray. Place fish on bottom of dish and brush with lemon juice. Bake for 5 minutes.

Meanwhile, combine parmesan cheese, butter, mayonnaise, onions and salt. Remove fish from oven and brush parmesan mixture over fillets.

Bake for another 10 minutes or until fish flakes easily with a fork.

Enjoy!

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