



## **IMPACT'S FAVORITE LIVE-RIGHT RECIPES:**



### **Spinach-Stuffed Flounder**

#### **Ingredients:**

- 2 tsp. Olive Oil
- 3 shallots, finely chopped (½ cup)
- 1 (10 oz.) box of frozen spinach – thaw and squeezed dry
- ¼ cup organic chicken broth --- low-sodium (optional)
- ¼ cup Pecorino Romano Cheese (or parmesan)
- Sprinkle of black pepper and garlic powder
- Paprika to sprinkle on top of fish (right before it goes in the oven)
- Breadcrumbs (optional to also sprinkle on top of fish right before it goes in the oven)
- 1 lemon
- 6 (4 oz.) flounder filets (you can also use any white wild-caught fish – no Tilapia)

#### **Directions:**

- Preheat Oven to 350 degrees
- Lightly coat a baking dish with a smear of olive oil or grapeseed oil
- For the stuffing: In a medium-size frying pan, heat oil over medium heat and add shallots – cook for 3 minutes or so (don't burn)
- Add spinach, chicken broth, black pepper and garlic powder. Cook for 2-3 minutes stirring occasionally. Let stand for 10 minutes.
- Add the Romano Cheese and mix well.
- Squeeze the juice from lemon onto fish filets and season both sides of fish with pepper and garlic powder.
- Place rounded Tablespoon of stuffing/spinach mixture in the center of each filet and fold the ends of the filet around, securing with a toothpick.
- Place filet rolls "seam-side" down on the baking dish and cook for 20-25 minutes or until heated through.
- Sprinkle the top of filets with Paprika (breadcrumbs are optional)
- THIS MAKES 6 SERVINGS – and is nicely paired with ½ cup of wild rice and grilled or baked asparagus spears

**ENJOY!!!!**