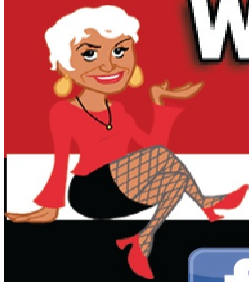


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FLOUNDER WITH LEMON & FRESH HERBS

Basic Lifestyle

Ingredients

1 TBS olive oil
4 flounder fillets, 6 oz. each
pinch Morton's Lite salt
freshly ground black pepper
flour for dredging
½ cup low-sodium chicken broth or fish stock
2 TBS lemon juice
2 TBS chopped parsley
1 TSP chopped, fresh chives

Instructions

1. Heat the olive oil in a large, nonstick skillet until hot. While the oil is heating, season the flounder with salt and pepper and dredge it in flour.
2. Sauté the flounder over high heat, about 2 minutes on each side. Transfer to a warm platter and keep warm.
3. Quickly add the chicken broth or fish stock to the pan and stir with a wooden spoon to release any caramelized bits that may be stuck to the pan. Cook until the broth has reduced by half. Add the lemon juice. Pour the sauce over the flounder, sprinkle with parsley and chives and serve.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 fillet = 1 P