

Flounder Mediterranean

Ingredients:

- 1 Roma (plum) tomato, diced
- 8 olives, cut in half
- 1 tsp. capers, diced
- 1 tsp. lemon juice
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1/4 tsp. parsley flakes
- 2 Tbs olive oil, divided
- 1 green onion, diced
- 1 clove of garlic, minced
- 1/4 cup dry white wine
- 2, 4 oz. flounder fillets
- 1 Tbs flour, divided
- salt and pepper
- 1 Tbs chopped fresh basil leaves

In a medium bowl, add tomatoes, olives, capers, lemon juice, salt, pepper, and parsley flakes, Combine and set aside. In a large skillet, heat 1 tablespoon of the olive oil over medium-high heat. Sauté onions and garlic for a 2 minutes. Stir in tomato mixture and heat for 1 minute. Add white wine and heat to boiling; reduce heat and a simmer until some of the liquid has reduced (by about 1/4). Transfer mixture to a bowl. Using the same skillet, heat the remaining 1 tablespoon of olive oil over medium high heat. Dust each side of the flounder with flour and season with salt and pepper. Place flounder in skillet and cook for 2 minutes on each side. Return tomato mixture to the skillet, add basil, and cook until heated through. Enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Time heals nothing unless you move along with it." - Anonymous