

## Low-Point Flounder Florentine

### Ingredients:

- 2, 10 oz. packages of frozen chopped spinach, thawed and drained
- 1 pound fresh or frozen flounder fillets
- 1 tsp. onion powder
- 1 tsp. chopped garlic
- 2 Tbs butter
- 3 Tbs flour
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/8 tsp. nutmeg
- 1 1/2 cups 1% milk
- 1 Tbs parmesan cheese
- 1/4 tsp. paprika
- Pam cooking spray

Spray 13 inch by 9 inch baking dish with Pam cooking spray. Sprinkle spinach in dish to cover bottom evenly. Line the fish on top of spinach. In a saucepan, heat butter, onion, and garlic. Stir in flour, salt, pepper, and nutmeg until blended. Gradually add milk and bring to a boil. Cook for 1 or 2 minutes, stirring constantly (or whisking) until thickened. Pour over fillets. Sprinkle with parmesan and paprika and bake, uncovered, at 350 degrees for 25 minutes.

Total servings - 6 to 8

Serving size - 1

Points per serving - 3.5 (for 6 servings), 2.5 (for 8 servings)

Place flounder on 1/2 cup Basmati rice for 2 points more!

Delicious!

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