

Low-Point Fantastic Flounder

Ingredients:

- 5, 4 oz. flounder fillets
- 1 Tbs lemon juice
- 2 Tbs parmesan cheese
- 2 Tbs butter, melted (Land O Lakes Light)
- 1.5 Tbs fat-free mayonnaise
- 1 tsp. Mrs. Dash Onion and Herb seasoning (or any of your favorite seasonings)
- Pam cooking spray

Line a baking dish with aluminum foil. Spray with Pam cooking spray. Line flounder in baking dish. Mix lemon juice, cheese, butter, mayonnaise, and seasonings in a bowl. Spoon mixture on top of each flounder fillet. Bake at 400 for about 15 minutes (or until fish flakes with fork). Enjoy!

Total servings - 5

Serving size - 1

Points per serving - 3

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