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Flounder Oreganata

Recipe courtesy of Weight Watchers' **Make It In Minutes**

7 points

- 4 (6-oz) flounder fillets
- 2 tbsp olive oil
- 3/4 cup Italian seasoned breadcrumbs
- 1/4 cup chopped fresh parsley
- 3 tbsp fresh lemon juice
- 1 garlic clove, minced
- 1/4 tsp salt
- 1/4 tsp dried oregano

Preheat oven to 450 degrees. Coat a baking sheet with nonstick spray. Place the fish fillets on the baking sheet. Combine the olive oil, bread crumbs, parsley, lemon juice, garlic, salt, and oregano in a bowl. Press an equal amount of the bread crumb mixture onto the top of each fillet. Bake until the fish is just opaque in the center - about 10 minutes.