

Spinach Stuffed Flounder with Mushrooms and Feta

Savannah · 30/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

4

Description

Incredible but true this spinachstuffed flounder is lowfat

Ingredients

- - nonstick cooking spray - 8 large fresh mushrooms
- sliced - 8 ounces spinach
- rinsed and chopped - 1 tablespoon crumbled feta cheese - 4 (4 ounce) fillets flounder - 2 tablespoons water

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Spray an 8-inch baking dish with nonstick spray. Spray a medium skillet with nonstick spray and heat over medium heat. Add mushrooms and cook
2. stirring occasionally
3. until any released juices have evaporated
4. about 5 minutes. Add spinach; cook and stir until wilted
5. about 2 minutes. Remove from the heat and drain excess liquid. Sprinkle feta cheese over vegetables
6. then stir it in. To assemble the fish rolls
7. place 1/4 of the spinach mixture onto the wide end of each fillet. Carefully roll the fillet around mixture and hold in place with wooden toothpicks. Place into the baking dish with the seams facing down. Add water and loosely cover with foil. Bake in the preheated oven until fish flakes easily when tested with a fork and is opaque all the way through
8. 15 to 20 minutes.