



## baked italian flounder;

1. (bayk'd ee-tahl-ee-uhn flown-durr) *noun*. Baked flaky flounder marinated in italian dressing.
2. Produces 4 servings.
3. Preparation 35 mins.
4. Oven temperature set to 400.

### Ingredients;

4 flounder filets  
1 tsp. onion powder  
salt & pepper

$\frac{1}{2}$  c. italian dressing  
1 tsp. garlic powder

### Instructions;

1. Add flounder filets to a bag with italian dressing and allow to marinate for at least 30 minutes.
2. Remove from bag, and place in a roasting pan, making sure to keep the filets separate.
3. Sprinkle with onion powder, garlic powder, and salt & pepper.
4. Bake for 15-20 minutes or until cooked through and flaky.