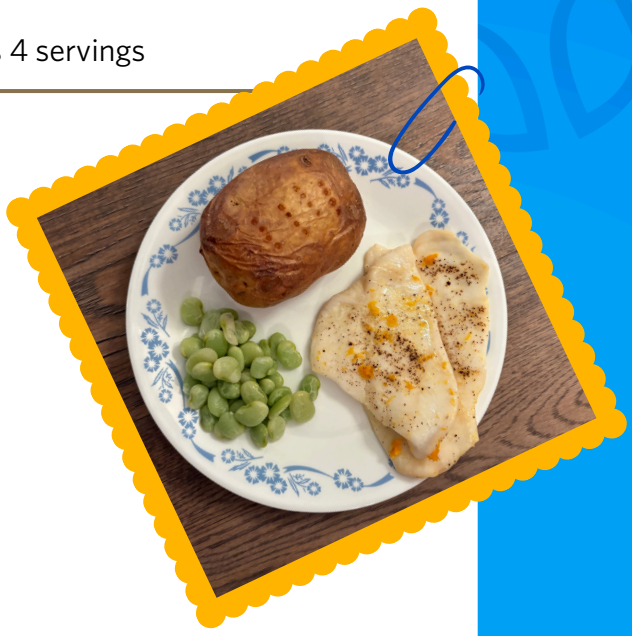
Mandarin Flounder

by Barb Szyszkiewicz Makes 4 servings



Ingredients

1 1/2 lb. founder fillets
Juice of one mandarin (about ¼ cup; orange juice can be substituted)
2 tbsp olive oil
1 tsp salt
Grated orange peel
¼ tsp pepper
Dash of nutmeg

Directions

- Combine orange juice, vegetable oil, salt, orange peel, and pepper.
- Place fish in greased shallow pan.
- Pour sauce over fish.
- Sprinkle with nutmeg.
- Bake in 350-degree oven until the fish is done; bake time will vary depending on the thickness of the fish. For very thin fillets, check for doneness after 7 minutes.

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