

"Creole Flounder"

2 lbs. flounder
1 1/2 cups chopped tomatoes
1/2 cup chopped green peppers
1/3 cup lemon juice
1 tbsp. salad oil
2 tsp. salt
2 tsp. minced onions
1 tsp. basil leaves
Cajun spice
1/2 tsp. sparsely chopped black pepper
4 drops red pepper sauce
Green pepper rings



Preheat oven to 500 degrees. Place fillets in single layer in baking dish. Stir together remaining ingredients except pepper rings. Spoon over fillets and bake 5 to eight minutes or until fish flakes easily. Garnish with pepper rings.

Ed & Sue Distin
"Fantasea"