

## Flounder with Olives & Tomatoes

A great balance of flavors – a side salad makes it a perfect meal!

### Ingredients

8 oz. flounder fillets  
1 Tbls butter  
2 cloves garlic, minced  
8 oz. black & green olives  
½ cup grape tomatoes, halved  
Pinch of dried oregano  
Pinch of dried basil  
Pinch of dried parsley  
Salt & pepper



### Directions

1. Preheat skillet and add butter to melt.
2. Add minced garlic and allow to soften.
3. Dry flounder fillets and add to skillet. Cook 2 minutes on one side and turn.
4. Add olives, tomatoes and seasonings.
5. Heat through – it helps to spread out the tomatoes & olives.

Makes 2 servings

### Nutrition Facts:

Calories 312  
Total Fat 19.5g  
Total Carbohydrates 7g  
Dietary Fiber 6g  
Protein 20g