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VEGGIE-STUFFED FLOUNDER SHEET PAN DINNER SERVES 4

Q GF

Nothing is faster, healthier, and tastier than baked fish and veggies. Use prepared pesto to pull this dish together in just 20 minutes, and for easy cleanup, line the baking sheets with parchment or foil. The spiralized zucchini and squash are lovely in this dish, but if you want to add some color, you can incorporate some shredded or spiralized carrots into the veggie mix.

24 thin asparagus spears (8 ounces), tough ends trimmed	4 (5 1/2-ounce) flounder fillets	3 ounces (about 1 cup) spiralized yellow squash
Olive oil spray (such as Bertolli) or a mister	8 teaspoons basil pesto	2 teaspoons seasoned panko bread crumbs*
Kosher salt and freshly ground black pepper	3 ounces (about 1 cup) spiralized zucchini	

**Read the label to be sure this product is gluten-free.*

Preheat the oven to 400°F.

Place 4 groups of 6 asparagus spears onto 2 large baking sheets. Spray with olive oil and season each group with 1/8 teaspoon salt and pepper to taste.

Season one side of each fish fillet with 1/8 teaspoon salt, then spread 1 teaspoon of pesto over each piece of fish. Place 1/2 cup spiralized vegetables in the center of each fillet, season with a pinch of salt and pepper, roll up, and place seam side down on top of the asparagus. Brush the tops of each rolled fish with 1 teaspoon pesto and sprinkle with the panko.

Bake in the center of the oven until the fish is cooked through, about 15 minutes. Switch the oven to broil. Move the pan to the second rack from the top and broil the fish until golden, about 3 minutes.

skinny scoop If you don't have a spiralizer, you can julienne the vegetables instead.

Nutritional information follows:



now *that's*
a MOUTHFUL

PER SERVING **1 stuffed fillet**

CALORIES **213**

FAT **7 g**

SATURATED FAT **1.5 g**

CHOLESTEROL **76 mg**

CARBOHYDRATE **5 g**

FIBER **2 g**

PROTEIN **32 g**

SUGARS **2 g**

SODIUM **478 mg**



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