

## Stuffed Flounder

### Ingredients:

1 large flounder scaled and prepared for stuffing. Your local seafood market can cut a pouch for your stuffing.

1 onion chopped

1 sm. Bell pepper chopped

2 cloves garlic minced

1 stick margarine

1 cup boiled shrimp peeled and deveined

1 cup crabmeat free of cartilage

1 egg

1 cup bread crumbs

1 tsp. creole seasoning

Season shrimp and crabmeat with the creole seasoning!

Melt margarine and combine all ingredients together.

Bake in a 325 degree oven for about 45 minutes! Then add the stuffing and cook an additional hour or until well done.

Enjoy.