

Crabmeat Stuffed Flounder with Tomato Parsley Dressing



Makes:

4 servings

Utensil:

Saladmaster Food Processor
10 Qt./9.5 L Roaster with Cover
6 Qt. (5.6L) Culinary Basket
medium mixing bowl

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Contributed By:

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Recipe Description:

This simple stuffed fish recipe is made special with the addition of fresh crabmeat and a vibrant tomato and parsley dressing. I prefer flat leaf Italian parsley as it tends to be more flavorful. Fresh parsley is easy to find and contains three times as much vitamin C as oranges and two times as much iron as spinach so don't be shy when adding it into your meals. Although I love parsley in cooked dishes, using it raw in dishes adds an extra punch of flavor.

4

3-ounce (85g) flounder fillets, skinless
salt and pepper to taste

1

cup
crabmeat, shredded or chopped

(135

g)

1 ¹/₂

cups

mixed yellow and green squash, julienned, use Cone #2

(210

g)

¹/₂

zest of lemon, shredded, use Cone #1

2

tablespoons

lemon juice

(30

mL)

dash of hot sauce, if desired

salt and pepper to taste

Fresh Tomato Parsley Dressing

1

large tomato, cut in quarters

¹/₄

bunch

fresh parsley leaves

2

tablespoons

lemon juice

(30

mL)

1

tablespoon

extra virgin olive oil

(15

mL)

1

clove

garlic, peeled

salt and pepper to taste, if needed

Directions:

1. Wash fish fillets and pat dry. Lay fillets on a plate and season both sides with salt and pepper, to taste.
2. In bowl, combine crabmeat, yellow and green squash, lemon zest, lemon juice, hot sauce and season with salt and pepper. Stir to blend.
3. Place ¹/₄ of crabmeat filling in middle of fish fillet and fold ends over. Place rolled, stuffed fish fillet with ends underneath into Culinary Basket. Continue in the same way with remaining 3 fish fillets, spacing stuffed fillets in Culinary

Basket so they are not touching.

4. Place 4 cups (960 mL) in bottom of roaster, cover, and turn heat to medium-high. When Vapo-Valve? clicks, remove cover and place Culinary Basket with fish rolls in roaster and cover.
5. When Vapo-Valve? clicks, reduce temperature to low and cook for approximately 7 - 10 minutes or until fish is cooked through.
6. While fish is cooking prepare tomato parsley dressing.
7. Place all dressing ingredients in blender. Blend until combined but still chunky in texture. Taste dressing and season with salt and pepper to taste, if needed.
8. To serve, place warm fish on plate and drizzle with generous amount of fresh tomato parsley dressing.

Tips:

- Serve fish with couscous or quinoa pilaf.
- Tomato parsley dressing pairs perfectly with pan-fried chicken breasts, shrimp and steamed vegetables.

Nutritional Information per Serving

Calories:

198

Total Fat:

5g

Saturated Fat:

1g

Cholesterol:

88mg

Sodium:

220mg

Total Carbs:

9g

Dietary Fiber:

2g

Sugar:

2g

Protein:

29g