**Zesty Lemon Herb Baked Flounder**

1 ¼ pound flounder fillets

¼ teaspoon salt

¼ teaspoon ground pepper

1 medium lemon, thinly sliced

3 tablespoons melted butter

½ cup Italian seasoned croutons, coarsely crushed

Fresh flat leaf parsley, chopped

Preheat oven to 450 degrees

Arrange in a single layer the flounder fillets in a 3 quart baking dish. Season with salt and pepper. Top with lemon slices and drizzle with melted butter.

Bake at 450 degrees 12-15 minutes, until flounder just turns opaque in center.

Pulse croutons in food processor until coarsely crushed; sprinkle over flounder. Garnish with chopped parsley. Serves 4