**Baked Flounder and Vegetables**

2.5 pounds flounder

2-4 tablespoons oil or butter

2 large onions, sliced

3-4 carrots, grated

2-3 celery stalks, sliced

4 tomatoes, seeded and coarsely chopped

2 small bell peppers, or 1 large bell pepper, julienned

3-5 garlic cloves, minced

Salt and pepper to taste

1-2 tablespoons mayonnaise, sour cream or yogurt, optional

½ -1 tablespoon fresh parsley, dill, basil, minced

Cut the fish into small pieces and dry the fish on paper towels to get rid of excess moisture.

Preheat oven to 350 degrees.

Heat about ½ a tablespoon oil in a nonstick skillet over high heat, season the fish on both sides on both sides with salt and pepper and cook fish for about 2-3 minutes per side. It should still be partly raw in the center. Cooking the fish in batches until it’s all partly cooked. Transfer the fish to a plate while you prepare the vegetables.

In the same skillet, heat another tablespoon of butter or oil on medium high heat and add onions, season with salt and pepper. Cook onions 5-7 minutes, until they are translucent and soft.

Add carrots, celery, bell peppers, tomatoes and garlic. Season with salt and pepper as well. Cook for an additional 10-12 minutes. Remove skillet from heat, add fresh herbs.

Spread about a third of the vegetable mixture into an oven proof-baking dish. Place a layer of fish on top of vegetables. Spread another third of the vegetable mixture over fish. Add additional layer of fish and top with the remaining vegetable mixture.

Spread a thin layer of mayonnaise, sour cream or yogurt over vegetables. Cover baking dish with lid or foil Bake at 350 degrees for about 40-50 minutes.