

Baked Pecan-Crusted Flounder (GF,CF)

Olive oil cooking spray

4, 4 ounce boneless, skinless pacific flounder fillets, rinsed and patted dry

1-2 teaspoons raw honey

2-3 teaspoons of prepared mustard

1 packet stevia

½ cup olive oil

¼ teaspoon sea salt

1/8 teaspoon cayenne pepper

1/2 cup pecan pieces, finely chopped

1. Preheat your oven to 425 degrees.
2. Coat a glass dish with olive oil spray.
3. In a small bowl, combine honey, mustard, olive oil, stevia, salt, and cayenne.
4. Brush tops of fillets with mustard mixture, dividing evenly.
5. Sprinkle pecans over top, dividing evenly.
6. Place fillets in dish and spray tops with olive oil cooking spray.
7. Bake for 12 minutes or until fish flakes easily with fork.