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Broiled Flounder

- 1 Cup rice, brown
- 2 Tbsp vegetable oil spread, butter-flavored
- 10 Ounces fish, flounder, sole or other mild white fish
- 1/4 Tsp salt
- 1/4 Tsp pepper, black ground
- 2 Tbsp cornstarch
- 1/2 Tsp garlic powder
- 1/4 Tsp dill weed, dried
- 1 Cup broth, chicken, less sodium
- 4 Ounces mushrooms, canned, sliced, drained

- 1) Cook rice according to package directions, omitting added salt and fat.
- 2) Coat a shallow baking pan with vegetable spread; add fish fillets in a single layer.
- 3) Sprinkle with salt and pepper. Broil 10 minutes.
- 4) Combine cornstarch, garlic, dill and broth in medium sauce pan. Cook over low heat, stirring constantly, until thickened. Stir in mushrooms. Pour over fillets and broil 5 minutes longer.
- 5) Serve fish with brown rice.

Makes 4 Servings