

Crab-Stuffed Flounder

- 2-2.5 lbs. fresh flounder fillets
 - 1/4 cup chopped onion
- 1/4 cup margarine or butter, melted
 - 7-oz. can crabmeat, drained
- 1/2 cup saltine crackers, crushed
 - 2 tbsp. dried parsley
 - 1/2 tsp. salt
 - Dash of pepper
- Cheddar Cheese Topping (recipe follows)

Butter either 6 individual casserole dishes or one large 2 quart dish. Combine the onions, butter, seasonings, crabmeat and crackers. Roll the crabmeat mixture up in the flounder fillets. Bake uncovered 25 minutes at 400 degrees F.

In a saucepan, while the flounder is cooking, melt 3 tbsp. butter. Stir in 3 tbsp. flour and 1/4 tsp. salt. Simmer until bubbly and smooth, just a brief time. Add 1-1/2 cup milk, stirring constantly until it thickens. Stir in 1 cup grated Cheddar Cheese and stir until cheese is all melted. Remove casserole dish from oven after 25 min., pour cheese sauce over flounder and return to oven. Cook about 5 minutes longer. Remove and serve.