

Broiled Flounder over Black Beans, Corn and Scallion
(serves 4)

4 fresh flounder filets (approximately 5-6 ounces)
1 T chopped basil
1 T chopped mint
1 T chopped cilantro
1 T chopped garlic
1 bunch scallion
1 T olive oil
1/2 tsp. diced jalapeno
2 C cooked black beans, drained
2 C fresh corn kernels
3/4 C diced tomatoes
1 T chopped parsley
1/2 lime - juiced
S and P to taste

1. In a bowl mix basil, mint, cilantro, flounder and 1 tsp. of olive oil. Let marinate 1/2 hour.
2. In a large sauté pan, over medium-high heat, add 1 tsp. olive oil and add jalapeno. Saute for 1 minute.
3. Add corn kernels and cook an additional 3 minutes or until corn turns a bright yellow.
4. Add black beans and tomatoes and stir to combine well.
5. Season the flounder and scallion branches with salt and pepper and drizzle 1 tsp. olive oil over scallions. Broil the flounder over medium high heat (approximately 4 minutes each side). Repeat with scallions (approximately 3 minutes each side).
6. Spoon bean mixture onto plate, top with flounder and garnish with grilled scallion, chopped parsley and a squeeze of fresh lime juice.