INGREDIENTS:

SIMPLE STUFFING:
- ½ stick butter
- 1 c yellow onion, finely diced
- 2 cloves garlic, minced
- 1 c celery, finely diced
- 1 lb lump crab meat
- 1 c Italian blend grated cheese
- ¼ c panko bread crumbs
- ½ tsp Cajun seasoning

FLOUNDER:
- 2 small-medium flounder
  or 1 large flounder
  *Scaled, gutted and butterflied
  olive oil for drizzling

GARNISH:
- Chopped parsley
- Lemon wedges

PREPARATION:
Preheat oven to 350°F.

SIMPLE STUFFING:
Melt butter over medium heat in a nonstick sauté pan. Add onion, celery and garlic and sauté for about 5 minutes or until translucent.
Remove from heat. Add crab meat, cheese, bread crumbs and seasoning. Stir to combine completely. Let cool slightly.

FLOUNDER:
Stuff crab mixture into flounder filet cavities.
Drizzle entire stuffed fish with olive oil. Bake at 350°F for 30 minutes, or until fish is cooked through.

TO SERVE:
Place on a platter for family-style serving. Garnish with chopped parsley and lemon wedges.