

PICKLES & PEPPERS

Flounder with
Banana Peppers
and
Corn Relish



BAY VALLEY
F O O D S

Flounder with Banana Peppers & Corn Relish

Single Serving; Relish Serves 4

INGREDIENTS:

Olive oil
Beaten egg
Flounder fillet (or other mild white fish)
Cornmeal, yellow or white
Corn relish (*recipe follows*)

AMTS:

1 Tbsp.
1 large
1 6-oz.
1/4 cup
1/2 cup

PROCEDURE:

Heat oil in a sauté pan over medium heat. Dip fillet into egg and then into cornmeal. Fry fillet 2 to 3 minutes on each side.

Heat *Corn Relish* in small saucepan until warm.

Place fillet on plate and spoon relish mixture over the center.

Garnish with additional pepper rings.

Corn Relish:

Frozen corn 1 cup
Black beans, rinsed and drained 1 cup
Bay Valley Foods® Hot Banana Pepper Rings,
drained and chopped 1/4 cup
Pimentos, drained 2 Tbsp. (1 oz.)
**Bay Valley Foods® Pickled Sweet Red Pepper
Relish**, drained 1/2 cup (4 oz.)

Mix well.

NUTRITION (Per serving)

525 calories
41 g protein
42 g carbohydrate
6 g fiber
20 g fat
3.5 g saturated fat
0 g trans fat
260 mg cholesterol
714 mg sodium



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