

## Lively Lemon Roll-Ups

2 lbs. Fresh Oregon fish fillets (flounder or petrale, English, Dover or rex sole)

<sup>1</sup>/<sub>4</sub> cup butter or margarine

<sup>1</sup>/<sub>3</sub> cup lemon juice

1 tsp. instant chicken flavor stock

1 tsp. red pepper sauce

1 cup cooked rice

1 (10 oz.) package frozen chopped broccoli, thawed

1 cup grated Cheddar cheese

Paprika

In small saucepan melt butter; add lemon juice, chicken flavor stock and red pepper sauce. Heat slowly, until stock dissolves; set aside. In medium bowl combine rice, broccoli, cheese and half the lemon-butter sauce; mix well. Divide broccoli mixture equally among fillets. Roll up and place seam side down in shallow baking dish. Pour remaining sauce over rollups. Bake at 350°F, 25 minutes, or until fish flakes easily when tested with fork. Spoon sauce over individual servings; garnish with paprika. Makes 6-8 servings.

**MICROWAVE:** In 1-cup measure, combine butter, lemon juice, instant chicken flavor stock, and red pepper sauce. Cook at full power 35 seconds. Cut a slash in broccoli box and cook at full power 4 minutes. Combine broccoli, rice, cheese and half the butter sauce in bowl. Mix together and divide among fillets. Roll fillets and place seam side down in shallow glass baking dish. Spoon remaining butter sauce on fillets. Sprinkle with paprika. Cover with waxed paper. Cook at full power 10-12 minutes, rotating dish once. Let stand 5 minutes.