

Baked Trout

Rating: ★★★★★

Makes: 6 servings

Tangy lime, sweet tomatoes, and savory onions make this trout colorful

Ingredients

- 2 pounds** trout fillets (or other fish, cut into six pieces)
- 3 tablespoons** lime juice (or about 2 limes)
- 1** tomato (medium, chopped)
- 1/2** onion (medium, chopped)
- 3 tablespoons** cilantro (chopped)
- 1/2 teaspoon** olive oil
- 1/4 teaspoon** black pepper
- 1/4 teaspoon** salt
- 1/4 teaspoon** red pepper (optional*)

Directions

1. Preheat oven to 350 degrees.
2. Rinse fish and pat dry. Place in baking dish.
3. In a separate dish, mix remaining ingredients together and pour over fish.
4. Bake for 15 to 20 minutes or until fork-tender.

* Used in analysis

National Heart, Lung and Blood Institute (NHLBI), Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	220	
Total Fat	9 g	14%
Protein	29 g	
Carbohydrates	3 g	1%
Dietary Fiber	1 g	4%
Saturated Fat	1.5 g	8%
Sodium	NA	