

BAKED TROUT OLE

From Stay Young at Heart – National Heart Blood and Lung Institute
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm>

Note: Bake fish with only a small amount of oil.

Ingredients

- 2 pounds trout fillet, cut into 6 pieces (any kind of fish can be used)
- 3 Tbsp. lime juice (about 2 limes)
- 1 medium tomato, chopped
- ½ medium onion, chopped
- 3 Tbsp. cilantro, chopped
- ½ tsp. olive oil
- ¼ tsp. black pepper
- ¼ tsp. salt
- ¼ tsp. red pepper (optional)

Instructions

1. Preheat oven to 350°F.
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.
5. Yield: 6 servings--Serving size: 1 piece

Nutritional information per serving (6 servings)

- Calories: 230
- Total fat: 9g
- Saturated fat: 2g
- Cholesterol: 58mg
- Sodium: 162mg
- Calcium: 60mg
- Iron: 1mg

