Baked trout

Recipe credit

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

About this recipe

Serves
6
Serving size
1 piece fish, 1/6 of recipe

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.

Nutritional info

Calories
153
Total fat
4 g
Saturated fat
1 g
Cholesterol
69 mg
Sodium
135 mg
Total carbohydrates
3 g
Dietary fiber
1 g
Protein
24 g

Total sugar
1 g

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