



Baked Trout Ole

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 tablespoons lime juice (about 2 limes)
- 1 medium tomato, chopped
- 1/2 medium onion, 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°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.

Nutritional Information:

Yield: 6 servings--Serving size: 1 piece

Each serving provides: Calories: 230 /Total fat: 9 g/Saturated fat: 2g
/Cholesterol: 58 mg /Sodium: 162 mg /Calcium: 60 mg /Iron: 1 mg

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