

INGREDIENTS: 5

# Baked Trout (Trucha)

LEVEL EASY | TIME 25 MINUTES | CALORIES 210



This dish is wonderful with quinoa salad or roasted peppers with lentils.

## Ingredients

- 4 (7-ounce) whole trout fillets with skin
- Salt and black pepper, as desired
- 1 teaspoon olive oil
- 1 cup chopped cilantro
- 2 medium limes, thinly sliced; reserve a wedge for juice

## Step by step

### Step 1

1. Preheat grill.

### Step 2

1. Rinse fish gently and pat dry.

### Step 3

1. Brush fish with a little olive oil and sprinkle salt and pepper over fish flesh.

### Step 4

1. Divide cilantro and lime slices evenly among fish cavities.

#### Step 5

1. Place fish over grill for 5 minutes and flip once.

#### Step 6

1. Squeeze lime juice over fish and transfer to a platter.

**Serving Suggestions:** Serve with warm corn tortillas and pineapple salsa.

## Nutrition Information

Total grams per serving: 194 g; Calories 210; Total Fat 7 g (Sat 1.5 g, Trans 0 g, Poly 2 g, Mono 2.6 g); Cholesterol 95 mg; Sodium 50 mg; Total Carbohydrates 4 g; Dietary Fiber 1 g; Total Sugars 0 g; Protein 33 g; Vitamin D 0 mg; Calcium 106 mg; Iron 1.1 mg; Potassium 804 mg.

One serving = 1 trout fillet.