



## Baked Trout Olé

Yield: 6 servings

Serving size: 1 piece

### Ingredients:

2 pound trout fillet, cut into 6 pieces (any kind of fish can be used)

3 tablespoons lime juice (about 2 limes)

1 medium tomato, chopped

½ medium onion, chopped

3 tablespoons cilantro, chopped

½ teaspoon olive oil

¼ teaspoon black pepper

¼ teaspoon salt

¼ teaspoon red pepper (optional)



### Directions:

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

**Nutrition Facts:** Calories: 236; Fat: 9 g; Saturated fat: 3 g; Cholesterol: 104 mg; Sodium: 197 mg; Calcium: 60 mg; Iron: 1 mg; Fiber: less than 1 g; Protein: 34 g; Carbohydrate: 2 g; Potassium: 865 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention



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