



## Baked Trout

### Ingredients:

- 2 lbs Trout fillet, cut into 6 pieces (Any kind of fish can be used)
- 3 Tbsp Lime juice (about 2 limes)
- 1 Medium tomato, chopped
- 1/2 Medium onion, chopped
- 3 Tbsp Cilantro, chopped
- 1/2 tsp Olive oil Hint: Bake fish with only a small amount of oil.
- 1/4 tsp Black pepper
- 1/4 tsp Salt (optional)
- 1/4 tsp Red pepper (optional)

### Directions:

Preheat oven to 350° F. Rinse fish and pat dry. Place in baking dish. In a separate dish, mix remaining ingredients together and pour over fish. Bake for 15 to 20 minutes or until fork-tender. **Serves 6**

### Nutrition Facts Per Serving:

Calories	230	Saturated Fat	2 gm	Carbohydrate	3 gm
Fat	7 gm	Sodium	115 mg	Fiber	1 gm

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