Thai-Style Roasted Trout

from Cooking Light

Fresh lime juice complements the sweet taste of trout. Steamed asparagus and jasmine rice make good sides.

- 2 tablespoons fresh lime juice
- 1 tablespoon fish sauce
- 2 teaspoons dark sesame oil
- 1/2 teaspoon crushed red pepper
- 4 (6-ounce) trout fillets

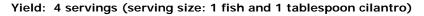
Cooking spray

1/4 cup coarsely chopped fresh cilantro

Lime slices (optional)

Cilantro sprigs (optional)

- 1. Preheat oven to 450°.
- 2. Combine first 4 ingredients in a small bowl; stir well.
- 3. Arrange trout on a jelly-roll pan coated with cooking spray. Brush half of juice mixture inside of fish. Bake at 450° for 5 minutes. Brush remaining juice mixture over fish. Bake an additional 5 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Sprinkle with chopped cilantro; garnish with lime slices and cilantro sprigs, if desired.



CALORIES 280 (39% from fat); FAT 12.2g (sat 3.1g,mono 3.9g,poly 4.1g); IRON 0.7mg; CHOLESTEROL 117mg; CALCIUM 150mg; CARBOHYDRATE 1g; SODIUM 443mg; PROTEIN 39.3g; FIBER 0.1g

Cooking Light, JULY 2008

This recipe is subject to copyright protection and may not be reproduced without Cooking Light's consent

