

Thai-Style Roasted Trout

from **CookingLight**

*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)



Photo: Randy Mayor; Styling:
Cindy Barr

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.

Yield: 4 servings (serving size: 1 fish and 1 tablespoon cilantro)

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

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