

Broiled Trout

Ingredients:

Yield: 4 servings

- 2 tbsp light olive oil mayonnaise
- 1 clove garlic, minced
- 1 tbsp lemon juice
- 1 tbsp dried chives
- Dash of pepper
- 4 rainbow trout fillets (4 oz. each)

Directions:

1. Preheat oven broiler and move upper rack about 4 inches from heat source.
2. Combine mayonnaise, garlic, chives, lemon juice and pepper in bowl; mix well.
3. Cover flesh side of each trout fillet with $\frac{1}{4}$ of the mayonnaise mixture.
4. Broil 4 inches from heat source for about 3-5 minutes or until the fish flakes with a fork and the topping is bubbly. (continued)

Nutrition Facts: (per serving)

Calories: 235 • Fat: 11g

Sodium: 85mg • Carbohydrates: 1g

Dietary Fiber: 0g • Protein: 33g

Source: *www.cooks.com*



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