Ingredients:
• 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)

Yield: 4 servings

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 ¼ 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