

Baked Trout with Tropical Salsa



Baked Trout

Preheat oven to 400
Brush each fillet with 1 tablespoon olive oil
Add salt and pepper to taste
Squeeze 1/2 fresh lemon or 1 tablespoon lemon juice
(You can marinate fish with the above ingredients for several hours before if you'd like)
Line baking pan with aluminum foil or cooking spray
Place filets on pan
Bake uncovered for approximately 10-15 min
To see if fish is done, it should flake easily with a fork or check internal temperature, which should be 145 degrees

Tropical Salsa

~ 2 diced peaches (just fine to leave skin on)
~ 1/2 diced red onion
~ 1/2 diced red pepper
~ 2 cloves of crushed garlic
~ 1 mango, peeled and diced
~ 1 avocado, peeled and diced
~ 1/2 squeezed fresh lime or 1 tablespoon lime juice
~ cilantro to taste
~ salt and pepper to taste
~ Dash of apple cider vinegar (*optional*)

and allow the flavors to develop.

***You can even make it the night before (just don't add the avocados until right before serving as they would get too brown overnight).*

The Center would like to thank the George Family Foundation for its generous support in launching Nourishing Minnesota.

For more information about ways to advance Nourishing Minnesota, please contact Dianne Lev at 612-624-1121.

