



Roasted Trout With Garlic and Lemon

Makes 4 servings

Ingredients

½ cup fresh basil leaves
¼ cup fresh rosemary
½ cup fresh Italian parsley
3 cloves garlic, sliced into rounds
1 whole trout, cleaned (gutted), with head and tail attached (about 1½ to 2 pounds)

2 preserved lemons (see Tip), thinly sliced with seeds removed, or fresh lemons tossed with ½ teaspoon salt
Vegetable cooking spray
½ teaspoon black pepper

Instructions

1. Preheat oven to 375 degrees.
2. Remove basil, rosemary and parsley from their stems. Mix with garlic rounds in a small bowl.
3. Cut a pocket in the trout and tuck lemons, basil, parsley and garlic inside. Lightly spray the outside of the fish with vegetable cooking spray. Sprinkle with pepper.
4. Place on a parchment-lined baking sheet and roast until the skin is nicely browned, about 30 minutes.

Tip: Preserved lemons can be purchased in your favorite gourmet store and will keep in the refrigerator for several months.

Nutrition Facts

Serving size: ¼ trout; calories per serving: 240; carbohydrate: 9g; protein: 29g; fat: 1.9g; saturated fat: 0.0g; sugars: 2g; fiber: 3g; cholesterol: 75 mg; sodium: 370mg.

Source: www.diabetes.org/mfa-recipes/meal-plans



BlueChoice HealthPlan of South Carolina is an independent licensee of the Blue Cross and Blue Shield Association.