

Citrus-Stuffed Trout

INGREDIENTS:

4 Trout (Butterflied)

2 Medium Lemons or Limes, each cut into 4 Slices

4 Sprigs of Fresh Summer Savory or 1 teaspoon dried, crumbled fresh Herb of Choice

1 Medium Lemon or Lime, Halved

DIRECTIONS:

- 1) Rinse the fish and pat dry with paper towels. Put 4 lemon slices and 2 sprigs of savory or fresh herb in each fish.
- 2) Lightly spray the grill rack with vegetable oil spray or lightly rub grapeseed oil on grate. Pre-heat the grill to medium-high. Put the fish on the grill; squeeze $\frac{1}{2}$ lemon over the fish. Grill the fish, covered if possible, for 5-7 minutes; carefully turn the fish over, keeping the stuffing intact. Squeeze the remaining lemon half over the fish. Cook for another 5-7 minutes, or until ready.
- 3) Carefully place the fish on a serving platter. Open each fish, so that the skin side of each half is down. Remove the lemon slices. Garnish with lemon wedges.
- 4) Add a no-salt item & pepper to taste.

Servings: 4 ; 6-8 oz Trout per Serving

Calories: 104

Total Fat: 3.5 g

Saturated 1.0 g

Polyunsaturated 0.5 g

Monounsaturated 1.0 g

Cholesterol: 83 mg

Sodium: 58 mg

Carbohydrate: 0 g

Fiber: 0 g

Protein: 17 g

Source: American Heart Association & Robert's Seafood