



Trout with Skillet-Roasted Peppers

- Serves: 4; 3 ounces fish and 1/3 cup pepper mixture per serving

Ingredients

1 tablespoon olive oil, divided use
2 medium poblano peppers, ribs and seeds discarded, thinly sliced
5 ounces grape tomatoes or cherry tomatoes, halved (about 1 cup)
1 medium garlic clove, minced
1 to 2 teaspoons balsamic vinegar
1/2 teaspoon salt, divided use
1/4 teaspoon pepper
Paprika to taste
4 trout fillets or any other thin mild fish fillets (about 4 ounces each), rinsed and patted dry
1 medium lime, cut into 8 wedges

Nutrition Analysis	
Calories per serving	189
Total Fat	7.5g
Saturated Fat	1.5g
Trans Fat	0.0g
Polysat Fat	2.0g
Monosat Fat	4.0g
Cholesterol	67mg
Sodium	332mg
Carbohydrates	6g
Fiber	1g
Sugar	3g
Protein	24g

Dietary Exchange 1 veg/3 lean meat

Cooking Instructions

Heat a large nonstick skillet over medium-high heat. Add 1 teaspoon oil, swirling to coat the bottom. Cook the peppers for 4 to 6 minutes, or until beginning to richly brown on the edges, stirring frequently. Gently stir in the tomatoes. Cook for 2 minutes, or until soft, stirring gently and frequently. Remove from the heat. Gently stir in the garlic, vinegar, and 1/4 teaspoon salt. Transfer to a small bowl. Cover to keep warm. In the same skillet, heat the remaining 2 teaspoons oil over medium-high heat, swirling to coat the bottom. Sprinkle the pepper, paprika, and remaining 1/4 teaspoon salt over both sides of the fish. Cook for 3 minutes on each side, or until the fish flakes easily when tested with a fork. Transfer to a platter. To serve, squeeze 4 lime wedges over the fish. Spoon the poblano mixture on top. Serve with the remaining lime wedges to squeeze over the poblano mixture if desired.

Cook's Tip

No need to slow-roast poblano peppers to get deep flavor. All it takes is quickly cooking them in a hot skillet and letting them steep a bit. Squeezing lime wedges over both the fish and the topping "lifts" and defines the flavors of the various ingredients. If you aren't a true lime lover, though, you may want to skip the second spritzing. This recipe is brought to you by the American Heart Association's Face the Fats campaign. Recipe copyright © 2009 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere, and at deliciousdecisions.org.