

Sesame-Seared Trout

INGREDIENTS

- 1 tbsp olive oil
- 4, 4 oz. rainbow trout fillets
- 4 tsp Dijon mustard
- 2 tbsp white or black sesame seeds
- 1 tbsp dried parsley
- ¼ tsp each salt and pepper

DIRECTIONS

In non-stick pan, heat oil over medium heat. Rinse trout under running water and pat dry. Spread entire flesh (not skin) side with mustard. Combine sesame seeds, parsley, salt and pepper on medium-sized plate. Dredge trout in seeds and parsley mixture so it sticks to mustard. Add trout, seed side down, to hot frying pan. Cook about 4 minutes, then flip and cook an additional 4 minutes or until fish is evenly cooked and flakes easily with a fork. Remove and discard skin.



Makes 4 servings. Each:
338 calories • 29g protein •
18g fat • 11g carb • 3.5g fiber
• 340mg sodium