

Trout with Thai Peanut Slaw

EASY recipe

2 large trout fillets (about 1½-2 lbs total)

Few pinches of salt and pepper

2 cups shredded purple cabbage

2 carrots, grated

1 red pepper, seeded and diced

1 yellow pepper, seeded and diced

¼ cup natural peanut butter

1 tbsp low-sodium soy sauce

¼ cup unseasoned rice vinegar
or lime juice

2½ tbsp chopped fresh chives



Preheat oven to 400°F. **Line** a baking sheet with parchment. **Place** fish on parchment (skin side down) and sprinkle with salt and pepper. **Bake** 6-12 minutes or until fish flakes easily with fork (about 5 minutes per half-inch of thickness). **Meanwhile**, in a large bowl, combine cabbage, carrots and peppers. **In** a small bowl, whisk together peanut butter, soy sauce and vinegar or lime juice. **Pour** dressing over the vegetables and toss to coat. **Serve** slaw alongside trout and top with chives.

Makes 4 servings. Per serving:

275 calories | 26g protein | 13g total fat | 3g saturated fat | 6g mono fat
4g poly fat | 15g carbohydrate | 5g sugar | 4g fiber | 372mg sodium