

Carlson<sup>®</sup>

## Baked Honey-Lime Trout With Cilantro-Mint Pesto

by Judy Castranova

### Honey-Lime Trout Ingredients:

- 3 Tbsp. Olive Oil or Canola Oil
- 2 Tbsp. Lime Juice
- 1 tsp. Lime Zest, finely grated
- 2 Tbsp. Honey
- 1 Tbsp. Fresh Ginger, finely grated
- 1/2 tsp. Sea Salt
- 1/2 tsp. Black Pepper
- 4 Trout Fillets, skinned and boned, about 1/4 - 1/3 lb. each
- Non-stick cooking spray



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## Cilantro-Mint Pesto Ingredients:

2 Cups	Fresh Cilantro	1/2	Jalapeno or Serrano Chile, seeded and chopped (or more if you like it hotter)
1/2 Cup	Fresh Mint Leaves	1 tsp.	Honey
1/4 Cup	Almonds, slivered & toasted	3/4 tsp.	Garlic, chopped
2 tsp.	Ginger, peeled & grated	3/4 tsp.	Sea Salt
1 tsp.	Lime Juice	1/3 Cup	<b>Carlson The Very Finest Fish Oil</b>

Optional Garnish: 1 (8 oz.) container of Plain Greek Yogurt

## Directions:

**Prepare marinade for Fish:** Combine marinade ingredients in large resealable plastic bag. Rinse fish under cold running water. Pat fish dry with paper towels. Add fish to marinade ingredients inside of the bag. Reseal and massage to distribute ingredients. Refrigerate for 1/2 hour - 2 hours.

**In the meantime, prepare Pesto:** Combine all ingredients, except oil, in a food processor and pulse until finely chopped. Add the oil in a slow stream and pulse until well incorporated. Let stand at room temperature for 30 minutes. Serve or refrigerate.

**Bake Fish:** Heat oven to 400°F. Spray a 9" x 12" baking dish with non-stick cooking spray. Place fillets in pan and pour marinade over fillets. Bake for 15-20 minutes, or until the fish flakes when pierced with a fork. Serve with the cilantro-mint pesto and a dollop of Greek yogurt, if desired.

**Yields:** 4 servings