

Trout Fillets with Mayo Topping

Carolyn T's
Cookbook

Servings: 4



3/4 pound trout fillet, skinned, deboned, patted dry
1/3 cup mayonnaise
1 tablespoon capers
1 1/2 tablespoons Dijon mustard, with tarragon if available
1/2 whole onion, minced
1/4 cup Pecorino cheese, or Parmegiano-Reggiano

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 281 Calories; 22g Fat (70.1% calories from fat); 19g Protein; 2g Carbohydrate; trace Dietary Fiber; 59mg Cholesterol; 242mg Sodium. Exchanges: 3 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Notes: Be sure to mince the onion, as larger pieces will still be crunchy after baking.

1. Preheat oven to 400 degrees F.
2. In a small bowl combine the mayo, capers and mustard. Stir to combine. With a spreader knife, spread a light coating of the mayo mixture on the bottom of each trout fillet. Place in a Silpat or parchment lined pan, mayo side down. Use remaining mayo mixture to cover the tops of all the fillets. Sprinkle the minced onion on top, then sprinkle each fillet with the grated Pecorino cheese.
3. Bake fillets for 10 minutes. Serve with a colorful vegetable (broccoli, asparagus, zucchini) and a simple vinaigrette-dressed salad.