Heart Healthy Recipes

CITRUS TROUT

½ cup	Olive oil
3	Trout, cleaned
½ cup	All-purpose flour
¼ cup	Chopped onion
2 TBS	Orange peel, julienned
1 cup	Dry white wine
½ cup	Fresh squeezed orange juice
	Juice of 1 lemon
1 tsp	Salt

1. Warm the oil in a skillet over medium heat.
2. Role the trout lightly in the flour. Saute the trout in the oil for about 4 min on a side, turning once, until the it are lightly browned. Transfer the fish in a single layer to a deep dish.
3. Add the chopped onion to the skillet and sauté until it is golden.
4. Add the orange peel and cook for 30 sec.
5. Add the white wine and stir until it comes to a boil. Add the orange and lemon juice and cook for another minute.
6. Pour the contents of the skillet over the fish. Allow to cool, and then cover and refrigerate overnight. Serve at room temperature.

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More recipes are available at: www.mediterrasian.com