



Heart Healthy Recipes

Marinated Trout

Trout, cleaned
1 cup - Flour
1/2 cup - Olive oil
1/2 cup - Onion, diced
1 cup - Freshly squeezed orange juice
1/2 cup - White wine
1 tsp - Grated orange rind
Juice of 1 lemon

Roll the trout in the flour to give them a light covering. Heat the oil in a skillet and sauté the trout for 3 - 4 min on each side. Remove the trout to a deep dish.

Sauté the onion in the oil until it is golden. Stir in the orange juice, white wine, orange peel and lemon juice and heat until the mixture is just bubbling. Remove from heat and pour the sauce over the trout.

Allow to cool, cover and refrigerate. The trout should marinate for at least 12 hours before serving.

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More recipes are available at: www.mediterrasian.com