Steelhead Trout with Lemon and Garlic

by Barb Szyszkiewicz Makes 4 servings

Ingredients

- Vegetable or olive oil for the pan
- 1 1/2 lb. steelhead trout fillet
- 2 TBSP butter
- 2 cloves garlic, minced
- salt and pepper to taste
- zest and juice of 1 lemon
- 2 TBSP fresh parsley, chopped

Directions

Preheat oven to 425. Prepare a baking dish by brushing it with a little vegetable or olive oil. Place the fish onto the prepared baking dish.

Melt butter in a small skillet and add the garlic, cooking over low heat until fragrant. Add salt and pepper (you can even add crushed red pepper if you want a spicier dish). Stir in the lemon zest and juice.

Spoon garlic butter over the fish and bake about 15-20 minutes (check it for doneness at 15) depending on thickness. When fish is done to your liking, sprinkle fresh parsley over the top and serve.

Catholic Mom
HOLY CROSS
FAMILY MINISTRIES

Visit CatholicMom.com for more Meatless Friday recipes