



Trout with Pickled Red Onions and Corn

By Mary Reilly

Servings: 2



Ingredients	Nutrient value per serving: 3 oz. trout and 2 T. salsa per person
7-oz. whole dressed rainbow trout (or 6-oz. boneless skin-on fillets) ¼ c. dill sprigs ¼ t. ground black pepper pinch salt cooking spray 1 small red onion, cut into thin rings ¼ c. corn kernels, thawed 2 T. red wine vinegar pinch salt pinch sugar	Exchanges ½ vegetable 3 protein 1 ½ free Calories 179 Calories from Fat 56 Total Fat 7 g Saturated Fat 1 g Cholesterol 56 mg Sodium 177 mg Carbohydrate 12 g Fiber 1 g Sugar 7 g Protein 20 g
Instructions	Notes
<ol style="list-style-type: none"> 1. Prepare your grill. Pat the trout dry with paper towels and insert the dill, pepper and salt into the cavity. Tie a few pieces of kitchen twine around the fish. Spray the fish liberally with cooking spray. 2. Place the fish directly over the hot side of the grill. Let cook until you can see grill marks. Flip the fish over to the cooler side and grill until cooked through, about 10-12 min. If you're grilling fillets, grill them skin-side down. After 4 min. on the hot side of the grill, move the fish over to the cooler side and cook for another 4 min. 3. While the fish is cooking, make the onion-corn relish. Mix the onion, corn, vinegar, salt and sugar together in a small bowl. 4. When cooked, cut the fish into two serving pieces, discard the dill sprigs (if you wish) and top with the relish. 	<p>Prep and cook time: 25 min.</p> <p><i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. Check the label on each ingredient to make sure the brand you are using does not contain these items in any form. For simplicity's sake, count other carbs as starches.</i></p> <p>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</p> <p>If you have dietary restrictions, always check the ingredients list on packaged foods to make sure they do not contain wheat or animal products.</p>