

# Trout with Skillet-Roasted Peppers

Prep Time: 20 minutes

Cook Time: 15 minutes



## The Ingredients

- 1 Tbsp. olive oil (divided use)
- 2 medium poblano peppers (seeds and ribs discarded, thinly sliced)
- 5 oz. grape tomatoes or cherry tomatoes (about 1 cup), halved
- 1 clove fresh, minced garlic
- 1-2 tsp. balsamic vinegar
- 1/2 tsp. salt, divided use
- 1/4 tsp. Pepper
- paprika to taste
- 4 fillet, rinsed, patted dry trout or any other thin mild fish fillets (about 4 ounces each)
- 1 medium cut lime, cut into 8 wedges

## Directions

- Heat a large nonstick skillet over medium-high heat. Add 1 teaspoon oil, swirling to coat the bottom. Cook the peppers for 4 to 6 minutes, or until beginning to richly brown on the edges, stirring frequently.
- Gently stir in the tomatoes. Cook for 2 minutes, or until soft, stirring gently and frequently. Remove from the heat.
- Gently stir in the garlic, vinegar, and 1/4 teaspoon salt. Transfer to a small bowl. Cover to keep warm.
- In the same skillet, heat the remaining 2 teaspoons oil over medium-high heat, swirling to coat the bottom. Sprinkle the pepper, paprika, and remaining 1/4 teaspoon salt over both sides of the fish. Cook for 3 minutes on each side, or until the fish flakes easily when tested with a fork. Transfer to a platter.
- To serve, squeeze 4 lime wedges over the fish. Spoon the poblano mixture on top. Serve with the remaining lime wedges to squeeze over the poblano mixture if desired.

**REFERENCE: The American Heart Association**