

Trout with Skillet-Roasted Peppers

Serves 4; 3 ounces fish and 1/3 cup pepper mixture per serving

No need to slow-roast poblano peppers to get deep flavor. All it takes is quickly cooking them in a hot skillet and letting them steep a bit.

1 tablespoon olive oil, divided use

2 medium poblano peppers, ribs and seeds discarded, thinly sliced

5 ounces grape tomatoes or cherry tomatoes, halved (about 1 cup)

1 medium garlic clove, minced

1 to 2 teaspoons balsamic vinegar

1/2 teaspoon salt, divided use

1/4 teaspoon pepper

Paprika to taste

4 trout fillets or any other thin mild fish fillets (about 4 ounces each), rinsed and patted dry

1 medium lime, cut into 8 wedges

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.

Cook's Tip: Squeezing lime wedges over both the fish and the topping “lifts” and defines the flavors of the various ingredients. If you aren't a true lime lover, though, you may want to skip the second spritzing.

NUTRITION ANALYSIS (per serving)

Calories	189	
Total Fat	7.5 g	
Saturated Fat	1.5 g	
Trans Fat	0.0 g	
Polyunsaturated Fat	2.0 g	
Monounsaturated Fat	4.0 g	
Cholesterol	67 mg	
Sodium	332 mg	
Carbohydrates	6 g	
Fiber	1 g	
Sugars	3 g	
Protein	24 g	

Dietary Exchanges: 1 vegetable, 3 lean meat

This recipe is brought to you by the American Heart Association's Face the Fats campaign. Recipe copyright © 2009 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere, and at deliciousdecisions.org.