

Citrus Trout

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Simple is best when it comes to trout; a bit of butter, a bit of citrus, and dinner is perfection.

Ingredients:

8 (4- to 6-ounce) trout fillets
¼ cup melted butter
¼ cup chopped fresh parsley
Sea salt and black pepper, to taste
4 lemons, sliced

Directions:

- 1) Preheat oven to 400°F. Line a large baking sheet with lightly greased aluminum foil.
- 2) Place butter, parsley, and seasonings in a small bowl; dip trout into mixture to coat.
- 3) Arrange trout evenly on prepared baking sheet; top with lemon slices.
- 4) Bake until trout easily flakes, about 15 minutes. Serve warm.