



Trout with Mediterranean Salsa



INGREDIENTS

1 tbsp plus 1½ tsp. Gustare Vita olive oil, divided
1 tbsp Hy-Vee unsalted butter, melted
3 clove(s) garlic, thinly sliced
1 ½ tsp fresh oregano, finely chopped
1 ½ tsp fresh thyme, finely chopped
¼ tsp Hy-Vee black pepper, coarsely ground
⅛ tsp Kosher salt
1 (8-to-10-oz.) Fish Market fresh rainbow trout fillet, skin on, about ¾-inch thick
½ cup cherry tomatoes, halved
1 tbsp Gustare Vita capers, drained
½ cup fresh Bing cherries, pitted and quartered
2 tbsp Italian parsley, finely chopped; plus additional for garnish
1 tbsp Hy-Vee sliced jumbo queen olives, chopped

PREPARATION

- 1 Preheat oven to 425°. Add 1 tablespoon olive oil in large cast-iron skillet; heat in oven for 10 minutes.
- 2 Stir together butter, garlic, oregano, thyme, pepper, and salt in small bowl; set aside.
- 3 Remove skillet from oven. Place fish, skin side down, in skillet; drizzle butter mixture over fish. Add tomatoes and capers. Bake 10 to 12 minutes or until fish reaches 145°.
- 4 For salsa, stir together cherries, 2 tablespoons parsley, olives, and remaining 1½ teaspoons olive oil in small bowl. Serve salsa over fish. Garnish with additional parsley, if desired.

NUTRITION FACTS

Calories: 320
Total Fat: 21g
Saturated Fat: 6g
Trans Fat: 0g
Cholesterol: 80mg

Sodium: 490mg
Carbohydrates: 10g
Fiber: 2g
Sugar: 6g
Protein: 24g