



SHOPPING LIST

Aviva Goldfarb's Grilled Lemon-Herb Trout With Broccoli and Brown Rice

FRESH PRODUCE

- Broccoli - 1 lb.
- Lemons - 2
- Mint, fresh - 2 Tbsp.
- Rosemary, fresh - 2 Tbsp.

BREAD AND GRAINS

- Brown rice - 1½ cups uncooked or 2⅔ cup cooked

MEAT, POULTRY, AND FISH

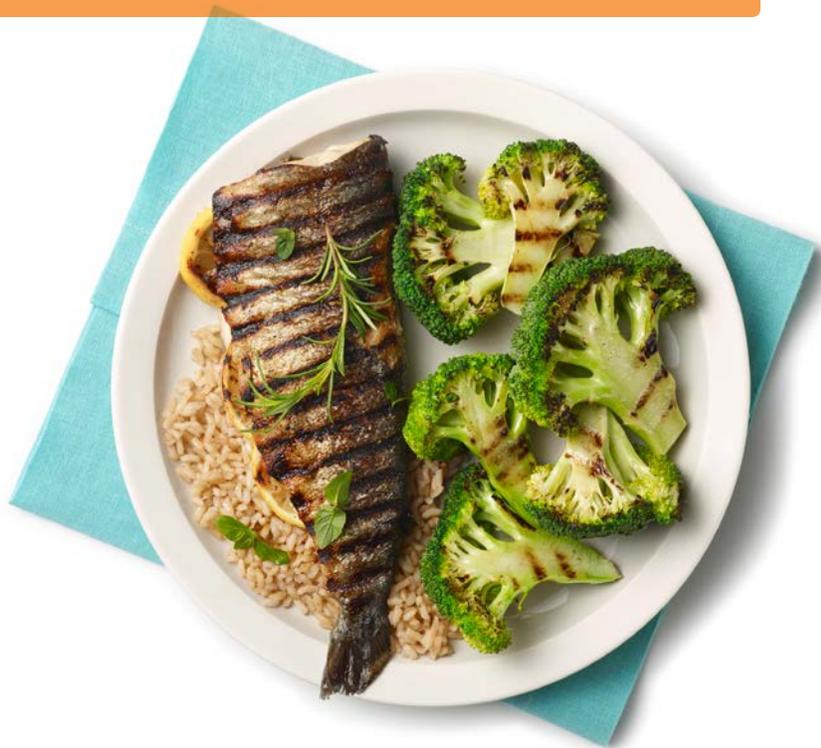
- Whole trout, cleaned, gutted, and heads removed - 4 (7 oz.)

DAIRY AND EGGS

- Parmesan cheese, grated - 1 Tbsp.

CONDIMENTS, SEASONING, AND BAKING NEEDS

- Black pepper - ¼ tsp.
- Extra-virgin olive oil - 2 Tbsp.
- Kosher salt - ½ tsp.



¼ plate **Grilled Trout with Fresh Herb and Lemon Slices**
(1 serving)

¼ plate **⅔ cup cooked brown rice, cooked to package directions**

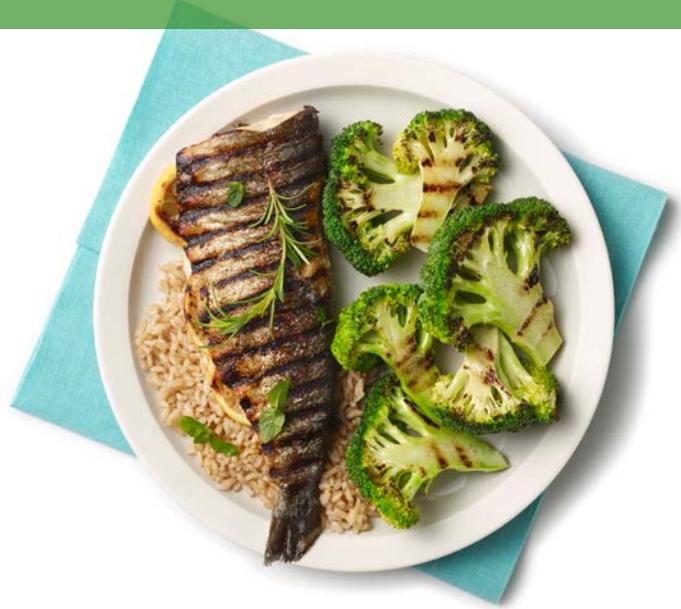
½ plate **Grilled Broccoli**
(2 servings)

YOUR PLATE NUTRITION

Choices

Starch 2, Carbohydrate 0.5,
Nonstarchy Vegetable 2,
Lean Protein 4, Fat 2.5

Calories	515
Calories from Fat	200
Total Fat	22 g
Saturated Fat	3.7 g
Trans Fat	0 g
Cholesterol	80 mg
Sodium	410 mg
Potassium	1200 mg
Total Carbohydrate	47 g
Dietary Fiber	9 g
Sugars	5 g
Protein	38 g
Phosphorus	580 mg



GRILLED TROUT WITH FRESH HERBS AND LEMON SLICES

This terrific recipe was suggested by my friend and food writer, April Fulton. I love making trout on the grill or in the oven—it always tastes wonderful, never too fishy, and adapts to a variety of flavors and preparation techniques. What makes it even better is that trout is on the Environmental Defense Fund’s list of eco-friendly fish. Serve it with steamed brown rice and Grilled Broccoli.

Makes: 4 servings

Serving Size: 1 trout

Preparation time: 12 minutes

Cooking time: 8 minutes

INGREDIENTS

- 2 Tbsp.** fresh mint, finely chopped
- 2 Tbsp.** fresh rosemary, finely chopped
- 2** lemons
- 4** whole trout (about 7 oz.), cleaned, gutted, and heads removed (the fishmonger can do this for you)
- 1 Tbsp.** extra-virgin olive oil
- ½ tsp.** kosher salt
- ¼ tsp.** black pepper

DIRECTIONS

- 1.** Preheat the grill to medium and oil the grates with a little olive oil to prevent the fish from sticking. (Alternatively, bake the trout at 400 F for about 25 minutes.) In a small bowl, combine the chopped herbs, the zest of 1½ lemons, and

the juice of one lemon. Cut the other lemon into thin slices.

- 2.** Start the rice and broccoli now, if you are serving them.
- 3.** Lay the trout on a cutting board, skin side up, and brush the skin with olive oil to coat it. Flip the fish and rub the lemon-herb mixture over the flesh of the trout. Season it with the salt and pepper, and lay the lemon slices on top of one half of each trout. Close the trout around the herbs and lemon slices, and transfer the fish to the grill.
- 4.** Grill the fish with the lid closed, without flipping, for 8 minutes, or until the flesh is opaque and flaky. Using a spatula, carefully transfer the trout to a plate to serve. Garnish the plate with a few fresh mint leaves and sprigs of rosemary, if desired.

Slow Cooker Directions:

Place each piece of fish on an individual piece of foil, then add the spices and lemon. Close the trout around the herbs and lemon slices, and fold the foil into a packet to completely surround the fish. Place the packets in the slow cooker and cook on low for 8–10 hours or on high for 4–5. (Cooking times may vary: Get to know your slow cooker and, if necessary, adjust cooking times accordingly.)

PER SERVING

Grilled Trout With Fresh Herbs and Lemon Slices

Makes: 4 servings

Serving Size: 1 trout

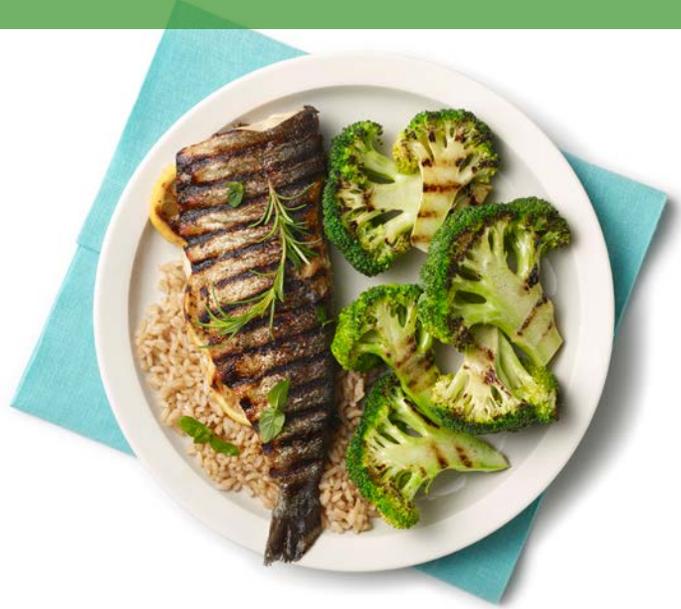
Calories	242
Total Fat	12 g
Saturated Fat	2 g
Trans Fat	0 g
Carbohydrate	5 g
Fiber	2 g
Sugars	1 g
Cholesterol	78 mg
Sodium	307 mg
Potassium	570 mg
Protein	29 g
Phosphorus	340 mg

Choices: Carbohydrate 0.5, Lean Protein 4, Fat 1

(Continued)



RECIPE



(Continued)

GRILLED BROCCOLI

Makes: 4 servings

Serving Size: 4 florets

Preparation Time: 5 minutes

Cooking Time: 10 minutes

INGREDIENTS

1 lb. broccoli, cut into 16 long florets

1 Tbsp. extra-virgin olive oil

1 Tbsp. grated Parmesan cheese

DIRECTIONS

1. Toss or brush the broccoli with the oil. Grill over medium to medium-high heat, directly on the grill or on a vegetable tray or aluminum foil, flipping once (use tongs). Remove when the broccoli is lightly browned, about 10 minutes. Toss the grilled broccoli with the Parmesan cheese.

PER SERVING

Grilled Broccoli

Makes: 4 servings

Serving Size: 4 florets

Calories	65
Total Fat	4 g
Saturated Fat	0.5 g
Trans Fat	0 g
Carbohydrate	6 g
Fiber	2 g
Sugars	2 g
Cholesterol	0 mg
Sodium	48 mg
Potassium	290 mg
Protein	3 g
Phosphorus	70 mg

Choices: Nonstarchy Vegetable 1, Fat 1