



Servings 4

Prep Time 10 min

Cooking Time 20 min

Baked Lake Trout with Avocado Salad (Paleo/Gluten Free/Keto)



Ingredients

1 lake trout fillet

Kosher salt, to taste

Freshly cracked pepper, to taste

Dash of cumin

Dash of chili powder

3-4 cloves of garlic, minced

1 lime, grated zest and juice

Olive oil

2 tablespoons of butter, thinly sliced

1 large avocado, diced

¼ cup of yellow bell pepper, diced

⅓ cup of red onion, diced

⅓ cup of cherry/grape tomatoes, halved

1 tablespoon of freshly chopped cilantro

Directions

Step 1

Preheat oven to 350 degrees Fahrenheit. Move the rack to the upper third of the oven. Rinse fish with cold water and pat dry with paper towels. Brush the bottom of a baking dish/cookie sheet with oil and lay fish on top, skin-side down. Brush olive oil over the fillet and season with salt, pepper, cumin, chili powder, minced garlic, grated zest of 1 lime and lay thin pats of butter all over the fillet.

Bake in a 350-degree oven for 15 minutes.

Step 2

Meanwhile, make the avocado salad by combining avocado, yellow bell pepper, red onion, tomatoes, cilantro, salt, pepper and lime juice. I prefer to keep the avocado pieces large.

Step 3

Cut trout fillet into serving size portions and spoon avocado salad on top. For a complete low carb/paleo/gluten free/keto meal, serve this lake trout with cauliflower rice.

