**Baked Trout**

Preheat oven to 400
Brush each filet with 1 tablespoon olive oil
Add salt and pepper to taste
Squeeze 1/2 fresh lemon or 1 tablespoon lemon juice
*(You can marinate fish with the above ingredients for several hours before if you’d like)*
Line baking pan with aluminum foil or cooking spray
Place filets on pan
Bake uncovered for approximately 10-15 min
To see if fish is done, it should flake easily with a fork or check internal temperature, which should be 145 degrees

**Baked Trout**

Tropical Salsa

- 2 diced peaches (just fine to leave skin on)
- 1/2 diced red onion
- 1/2 diced red pepper
- 2 cloves of crushed garlic
- 1 mango, peeled and diced
- 1 avocado, peeled and diced
- 1/2 squeezed fresh lime or 1 tablespoon lime juice
- cilantro to taste
- salt and pepper to taste
- Dash of apple cider vinegar *(optional)*

**This is best made ahead of time so it can chill several hours and allow the flavors to develop.**
**You can even make it the night before (just don’t add the avocados until right before serving as they would get too brown overnight).**