

Simple Yet Fancy Dinner



Grilled Trout and Vegetables with Couscous

Serves: 4 | Serving Size: 1 plate

Ingredients:

4 3-ounce pieces of trout
2 zucchini squash, sliced vertically
2 yellow squash, sliced vertically
Oil as needed to grill, about 1 tsp
2 cups cooked couscous
1 yellow bell pepper, sliced, with seeds removed
1 bunch watercress
Balsamic vinegar to taste

Directions:

Heat the grill. Place the fish and veggies on an oiled piece of foil. Grill until done.

Puree the yellow pepper.

Serve the fish with the veggies, yellow pepper puree, and cooked couscous. Top with a sprig of watercress and balsamic vinegar glaze.

Nutrition Information:

Serves 4. Each serving has 495 calories, 17g fat, 4g saturated fat, 0g trans fat, 150mg cholesterol, 139mg sodium, 26g carbohydrate, 4g fiber, 5g sugars, and 56g protein.

Each serving also has 24% vitamin A, 108% vitamin C, 10% calcium and 11% iron.

Chef's Tips:

If you have extra tomatoes on hand, feel free to use grilled tomato puree for a sauce in place of the pepper puree.

Use a measuring cup to mold the couscous into an attractive shape.

Use whole wheat couscous to add even more nutrients and fiber to the dish.

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