

 3-4 servings  ~30-minutes



RAINBOW TROUT CUCUMBER & PINEAPPLE SALAD

Ingredients

1-tsp ground cumin
1-tsp chilli powder
1-tsp paprika
2-tbsp avocado oil
3-rainbow trout fillets
Juice of 1-1.5 limes
1/2 a pineapple, thinly sliced
1/4-cup fresh cilantro, chopped
1-large cucumber, sliced into wedges

This is a lower-calorie dish. Some may want to add 1-cup of quinoa or couscous to increase satiety factor of meal.

*If you're interested in seeing a Registered Dietitian to further address your cholesterol levels-
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Method

1. Combine the spices, 1-tbsp oil and salt in a large bowl.
 2. Add trout to the mixture, flipping to coat both sides. (Set aside for 15-minutes to give it time to marinate).
 3. Heat the remaining tbsp of oil in a frying pan over medium-heat. Pan fry the trout for 3-minutes on each side until cooked throughout.
 4. Remove the trout from the frying pan and cover with tinfoil. Set aside for 5-minutes.
 5. Place the pineapple, cucumber and lime juice in a bowl. Toss to combine.
 6. Separate pineapple & cucumber salad in 3-4 bowls. Flake the trout and disperse evenly on top of each salad.
 7. Garnish each bowl with lots of cilantro!
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This recipe is great for individuals looking to lower their cholesterol levels. Rainbow trout contains mainly unsaturated fat (which is ideal for heart health). It's also very low in saturated fat.

This is desirable as saturated fat is linked to an increase in LDL-cholesterol (aka "bad cholesterol"). Rainbow trout contains high levels of omega-3 fatty acids. Omega-3s have been shown to have a modest effect on raising HDL-cholesterol (aka "good cholesterol" levels).