



One Pan Trout, Green Beans & Radishes

1 serving
25 minutes

Ingredients

- 1 tbsp Red Onion (minced)
- 1 tbsp Coconut Aminos
- 1 tbsp Extra Virgin Olive Oil
- 1 Rainbow Trout Fillet
- 1 cup Frozen Green Beans (trimmed)
- 1/2 cup Radishes (quartered)
- 1 tbsp Cilantro (chopped)

Nutrition

Amount per serving	
Calories	375
Fat	19g
Carbs	15g
Fiber	5g
Sugar	7g
Protein	35g
Cholesterol	94mg
Sodium	344mg
Vitamin A	736IU
Vitamin C	19mg
Calcium	181mg
Iron	2mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Mix the onion, coconut aminos, and oil in a bowl. Add the trout, green beans, and radishes onto the baking sheet. Add the marinade to evenly coat all of the ingredients. Bake for 15 minutes, or until everything is cooked through.
- 3 Divide evenly between plates. Garnish with the cilantro and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is one trout fillet, half a cup of radishes, and one cup of green beans.

More Flavor: Add minced garlic.

Fillet Size: One fillet is equal to approximately 160 grams or 5.6 ounces in size.