

## **Lemon-Pepper Trout over Rice**

3 cups instant brown rice or 1 ½ cups quinoa (rinsed)  
1 can (14 ½ oz.) vegetable broth  
10 ounces water  
2 carrots, diced  
1 onion, diced  
3 boneless butterflied trout, 9 ounces each, halved lengthwise  
3 tablespoons fresh lemon juice  
½ teaspoon ground pepper  
2 tablespoons chopped fresh flat-leaf (Italian) parsley  
6 lemon wedges  
Extra-virgin olive oil

In a large saucepan, bring the broth and water to a boil. Add the carrots and onion and cook until it returns to a boil. Stir in the rice or quinoa, cover, and reduce heat to low. Simmer for 15 minutes. Preheat the broiler. Lightly oil a broiler rack with olive oil. Place the fish on the prepared rack, flesh side up. Drizzle each fish with 1 tablespoon of lemon juice and season with pepper. Position the broiler rack about 4 inches from the heat. Broil the fish until opaque throughout, about 5-8 minutes. To serve, mound the rice or quinoa mixture on a platter. Top with the fish. Sprinkle with the parsley. Garnish with the lemon wedges.

**Serves 6.** *Per serving: 380 calories, 11 grams fat, 37 grams carbohydrate, 354 mg sodium, 74 mg cholesterol, 7 grams fiber.* Adapted from *The Mayo Clinic/William-Sonoma Cookbook*, which is our first “Cookbook of the Quarter.”

Quinoa, a staple of the Incas, is a delicious alternative to rice. It is high in protein and has a pleasant nutty taste. Quinoa needs to be rinsed. Put the quinoa in a bowl and add cold water to cover. Stir gently then drain through a fine-mesh sieve. Rinse well under cold running water. Drain thoroughly.

American's diets are generally deficient in omega-3 fatty acids, the “good” fats that are known to lower risk for heart disease, stroke and improve thinking ability and mood. Fish contains the best usable source of omega-3s. Trout, salmon, mackerel, sardines, and herring are especially rich in these fats. We know that what we eat affects how we feel and think. Omega-3 fats affect mood and behavior by direct effects on nerve cell function and alterations in serotonin function. Marginal intake of omega-3 fats may increase depression, hostility and aggressive behavior.

Your Partners in Health,  
**Candace and Lucy**