Herbed Trout Fillets

Total Time: 15 min  
Prep: 10 min  
Cook: 5 min

Yield: 4 servings  
Level: Easy

Ingredients  
1 tablespoon fresh lemon juice  
1 tablespoon Creole seasoning, recipe follows  
1 tablespoon minced garlic  
1 tablespoon finely chopped parsley leaves  
1 tablespoon finely chopped chives  
2 teaspoons finely chopped oregano leaves  
1/4 cup olive oil  
Salt and freshly ground black pepper  
4 (6 to 8-ounce) trout fillets without skin  
Lemon wedges, as accompaniment

Creole Seasoning:  
2 1/2 tablespoons paprika  
2 tablespoons salt  
2 tablespoons garlic powder  
1 tablespoon black pepper  
1 tablespoon onion powder  
1 tablespoon cayenne pepper  
1 tablespoon dried leaf oregano  
1 tablespoon dried thyme

Directions  
Preheat broiler, or grill.

In a medium mixing bowl combine lemon juice, Creole seasoning, garlic, parsley, chives and oregano. Slowly whisk in olive oil. Season to taste with salt and pepper.

Arrange fillets skin sides up in a heated, oiled shallow sauté pan. Brush fish with vinaigrette.  
Sauté, flipping once until just cooked through, about 5 minutes. Serve with lemon wedges.

Creole Seasoning:  
Combine all ingredients thoroughly and store in an airtight jar or container.

Yield: about 2/3 cup