

Steamed Trout

For those of you that want the ultimate in healthy, this one is for you.Â Cover the bottom ofÂ a fry pan with water.Â place fish in pan over medium heat and cover.Â Cook until fish is white all the way through and remove from heat.Â Do NOT overcook.Â Spice to taste and serve with fresh veggies.Â Quick, easy and really healthy.