

Baked Fresh Rainbow Trout

Ingredients

- 2 teaspoons olive oil, divided
- 2 whole rainbow trout, gutted and cleaned, heads and tails still on
- ¼ teaspoon dried dill weed
- ¼ teaspoon dried thyme
- salt to taste
- ½ large onion, sliced
- 2 thin slices lemon (Optional)
- 2 tablespoons hot water
- ground black pepper to taste

Directions

1. Preheat the oven to 400 degrees F (200 degrees C). Grease a 9×13-inch baking dish with 1 teaspoon olive oil.
2. Place trout in the prepared baking dish and coat with remaining olive oil. Gather the seasoning ingredients.
3. Season inside and outside of fish with dill, thyme, and salt. Stuff each fish with onion slices; grind pepper on top. Place 1 lemon slice on each fish.
4. Bake in the preheated oven for 10 minutes; add hot water to dish. Continue baking until fish flakes easily with a fork, about 10 minutes more.
5. Serve hot and enjoy!