

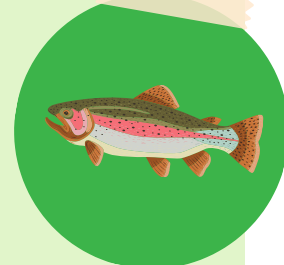
Trout

Rainbow Trout is a type of fish that has numerous health benefits.

Trout comes from the same family as Salmon, and is a popular type of fish. It has a mild flavor and is perfect for those who don't like a strong fish taste. It is rich in protein, heart-healthy fats and Omega-3's, and many vitamins and minerals. It is also generally lower in mercury and other environmental elements than other types of fish.

THAWING:

- Frozen fish should be thawed in the fridge overnight or for at least a few hours.
- If it needs to be thawed faster...
 - Place the unopened package of frozen Trout in a bowl and place the bowl in the sink. If the fish is not packed to be air-tight, then transfer the fish to an air-tight freezer plastic bag and use that instead. Fill the bowl with cold water. Then, turn the faucet down so a small amount of water keeps coming out and keeps the water in the bowl cold.



Try Trout...

- Shredded and added to tacos
- In a fish sandwich
- Added to a casserole
- Baked into a quiche

Baked Lemon Pepper Trout

Ingredients:

1 Trout Fillet
2 tbsp olive oil (or other cooking oil)
3 cloves garlic, minced (or 1 tsp garlic powder)
½ lemon, sliced
Dash of salt & pepper, to taste

Instructions:

1. Preheat the oven to 400°F.
2. Line a rimmed baking sheet with parchment paper, or spray with non-stick cooking spray.
3. Place the trout, skin side down, on the baking sheet. Brush olive oil on top of the trout.
4. Sprinkle the minced garlic (or garlic powder), and salt & pepper on top of the trout. Squeeze some of the lemon juice on to the filets, and top with a lemon slice.
5. Bake for about 15 minutes at 400 in the oven, or until the trout is cooked through.
6. Remove from the oven, and remove lemon slices before serving.

Tip:
Try serving with steamed
vegetables and rice!

