

# SPOTLIGHT RECIPE



## AMERICAN PECAN-CRUSTED TROUT OVER SAUTÉED GREENS

- Heat the oven to 400 F.
- Mix together the panko, finely chopped pecans, minced fresh parsley, lemon zest and minced garlic. Set aside.
- Dip the fish into the buttermilk and season with the salt and freshly ground black pepper. Crust both sides of the fish with the pecan crust. Place on a parchment paper-lined pan and cook in the oven until cooked through, about 10 minutes depending on thickness. Do not overcook.
- Serve the trout over the mustard greens.

## Ingredients

Servings: 12

- 1/2 cup panko breadcrumbs
- 1 1/2 cups pecan pieces, chopped fine
- 2 tablespoons fresh parsley, minced
- 1 tablespoon grated lemon zest
- 1 teaspoon garlic, minced
- Twelve 6-ounce boneless, skinless trout
- 1/4 cup low-fat buttermilk
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 6 cups sautéed mustard greens

Side dishes

- Sautéed Greens
- Roasted Sweet Potatoes

