



SPOTLIGHT RECIPE

HERB-ROASTED TROUT

- Stir the parsley, lemon zest and lemon juice into the 1/2 cup of oil. Set aside.
- Portion the trout into 4-ounce fillets.
- Heat a large sauté pan over medium-high heat.
- Sprinkle the salt evenly over the trout fillets.
- Add 2 tablespoons of oil to the sauté pan. Place the fish in the pan; allow to sear at least 2 minutes.
- Turn over and sear the other side the same way. If the trout has not reached an internal temperature of 145 F, place it on a sheet pan and finish cooking in a 350 F oven.
- Drizzle 2 tablespoons of the lemon-herb oil on top of the fish fillets.

Ingredients

Servings: 12

- 1 cup parsley, chopped
- 1/4 cup fresh lemon zest, grated
- 1/2 cup lemon juice
- 1/2 cup canola oil
- 3 pounds trout, boneless, skinless
- 2 teaspoons kosher salt
- 2 tablespoons canola oil

Side dishes

- Long Grain and Wild Rice Mushroom Pilaf
- Honey-Roasted Pumpkin