



Pecan Crusted Trout (Serves 4)

4 - 4 oz Allegheny Mountain Trout filets

1/2 cup crushed pecans

1 egg, beaten

2 teaspoons of crushed fresh rosemary

Black pepper and salt to taste

All-purpose flour for dipping

Cooking spray

Preheat oven to 400 degrees F. Spray a baking sheet with cooking spray. Mix pecans, rosemary, salt, and black pepper in a shallow bowl. Place flour in a separate shallow bowl. Dip trout fillets in flour and shake off excess.

Dip fish into beaten egg then into seasoned pecans, lightly pressing pecan coating onto fish. Arrange fillets on the prepared baking sheet. Bake in a preheated oven until fish flakes easily with a fork, 10-12 minutes.

Enjoy with Parsley Potatoes and Honey Glazed Carrots recipes.