



Pecan Crusted Trout (serves 4)

4 (4 ounce) *Allegheny Mountain Trout* trout fillets

3 eggs, beaten

1/2 cup crushed pecans

2 teaspoons crushed fresh rosemary

1 teaspoon salt

Black pepper to taste

Cooking spray

Directions

Preheat the oven to 400 degrees F (200 degrees C). Spray a baking sheet with cooking spray.

Mix pecans, rosemary, salt, and black pepper in a food processor and pulse for 30 seconds. Then pour the contents into a bowl.

Place beaten eggs in a shallow dish and dredge each fillet on both sides.

Put egg coated fillets into nut mixture and coat each side.

Arrange fillets on the prepared baking sheet.

Bake in a preheated oven until fish flakes easily with a fork, 10 to 12 minutes.

Enjoy with [Parsley Potatoes and Honey Glazed Carrots](#).