

RECIPÉ | Pecan Crusted Trout

Makes 3-4 servings

3-4, 3-5 oz rainbow trout
1/2 cup finely chopped pecans
1/4 cup panko breadcrumbs
1 teaspoon chopped fresh parsley
1 teaspoon chopped fresh dill
1/2 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon unsalted butter
1 lbs asparagus
1-2 tablespoons olive oil
Lemon to garnish

Preheat oven to 400F.

Place pecans, panko bread crumbs, parsley, dill, salt and pepper into a small mixing bowl and stir to combine. Mix butter into pecan mixture, using a fork, until well incorporated. Place the fillets on a lightly oiled baking sheet. Sprinkle pecan mixture evenly onto the fillets. Bake 10 to 12 minutes, until fish is opaque.

While fish is baking- sauté asparagus on stove top with 1-2 tablespoons olive oil, dash of salt and pepper. Serve fish with asparagus, and lemon to garnish.

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