

# **Pecan-Crusted Trout with Peach-Basil Salsa**

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Publix Greenwise Magazine - Summer 2012

**Servings: 2**

**Preparation Time: 20 minutes**

**Bake Time: 10 minutes**

**nonstick cooking spray**

**2 6- to 8-ounce trout fillets, with skin**

**1/2 cup pecans, chopped**

**1/4 cup panko (Japanese-style bread crumbs)**

**2 tablespoons snipped fresh parsley**

**1/4 teaspoon dry mustard**

**1/4 teaspoon Kosher salt**

**1/8 teaspoon cayenne pepper**

**1/8 teaspoon freshly ground black pepper**

**2 teaspoons unsalted butter, melted**

**1 teaspoon honey**

**1/2 teaspoon Dijon-style mustard**

**PEACH-BASIL SALSA**

**1 medium peach, peeled, pitted and chopped**

**1 medium roma tomato, seeded and chopped**

**2 (1/4 cup) green onions, chopped**

**1 tablespoon snipped fresh basil**

**1 teaspoon lemon juice**

**salt**

**freshly ground black pepper**

Preheat the oven to 450 degrees.

Line a 15x10x1-inch baking pan with foil and coat with cooking spray. Lay the trout fillets, skin side down, on the foil and pat dry with paper towels.

In the bowl of a food processor, combine the pecans, panko, parsley, dry mustard, Kosher salt, cayenne pepper and black pepper. Cover and pulse several times until the mixture is well combined and resembles coarse crumbs.

In a bowl, whisk together the melted butter, honey and mustard. Lightly brush the trout fillets with the butter mixture. Using your hands, gently press the pecan mixture on top of the trout fillets to adhere the coating to the fish.

Bake the trout, uncovered, for 4 to 6 minutes for each 1/2-inch thickness of the fish or until the coating is lightly browned and the fish flakes when tested with a fork.

Prepare the Peach-Basil salsa. As the trout cooks, in a medium bowl, combine the peach, tomato, green onions, basil and lemon juice. Season to taste with salt and pepper.

To serve, transfer the trout to a platter and top with the Peach-Basil Salsa.

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Per Serving (excluding unknown items): 386 Calories; 28g Fat (61.9% calories from fat); 20g Protein; 18g Carbohydrate; 4g Dietary Fiber; 56mg Cholesterol; 302mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.