

# Our State eats

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## Stuffed Mountain Trout

*Yield: 4 servings.*

- 3 cups fresh baby spinach**
- 1 cup panko breadcrumbs**
- 1 teaspoon salt, plus extra**
- Extra-virgin olive oil**
- 4 rainbow trout,**  
**boned and headed**
- Freshly ground black pepper**
- 8 fresh tarragon sprigs**
- 4 dill sprigs**
- 2 lemons, sliced**
- Chopped fresh tarragon, dill,**  
**or parsley (for garnish)**
- Lemon wedges (for garnish)**

Preheat oven to 450°. In a mixing bowl, combine spinach, panko, 1 teaspoon salt, and 2 tablespoons olive oil. Set aside.

Cut four sheets of heavy-duty aluminum foil into squares that are 3 inches longer than the fish. Coat one side of the foil with olive oil. Season both sides of trout with salt and pepper, and lay the fish out flat, skin side down, in the center of each square. Fill each trout with spinach mixture. Place two tarragon sprigs, a sprig of dill, and two lemon slices in the middle of each trout. Fold the two sides together. Drizzle  $\frac{1}{2}$  teaspoon olive oil over each fish.

Loosely fold the foil around each trout. Roll the extra foil down and crimp the ends tightly to make a packet. Place on a baking sheet and bake for 10 to 15 minutes, or until the meat pulls apart easily when tested with a fork.

Gently remove the fish from each packet and place on a serving platter. Pour the juices over the fish. Sprinkle with fresh tarragon, dill, or parsley. Serve with lemon wedges.



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