



Idaho Trout

Idaho Trout Facts

- Idaho produces about 80% of the nation's trout, making Idaho #1!
- About half of the trout is sold to restaurants, and half is available in grocery stores. Some Idaho schools also serve Idaho trout.
- Idaho trout "farms" are long water-filled concrete raceways where fish swim in cool water.
- Idaho farm trout come from the Snake River canyon of south central Idaho.
- Idaho trout are a source of healthy fats – Omega 3 Fatty Acids, which are good for your brain, eyes, and circulatory system.
- Trout is a protein food. The body uses protein for building and repairing muscles.

Rainbow Trout Fajitas

Ingredients:

- 4 Rainbow Trout or 8 boneless trout filets
- ½ cup fresh lime juice
- 3 tablespoons chopped cilantro
- 2 garlic cloves, minced
- ¾ teaspoon ground cumin
- ¼ cup olive oil, divided
- 1 onion, thinly sliced
- 1 red bell pepper, cut into thin strips
- 1 green bell pepper, cut into thin strips
- 8 (6-inch) whole wheat flour tortillas
- salsa, sour cream, and guacamole (optional)

Directions:

Combine lime juice, cilantro, garlic, cumin and 2 tablespoons olive oil. Pour over trout. Cover and marinate, refrigerated, at least 30 minutes. Combine onion and peppers. Sauté in 2 teaspoons oil just until tender, about 5 minutes; reserve. Remove trout from marinade; cook on lightly oiled grill or sauté pan until just done, about 2 minutes per side. On hot griddle, heat tortillas on both sides. Remove skin from trout. Place half trout or one filet in each tortilla. Add sautéed vegetables. Serve with salsa, sour cream, and guacamole if desired.

Nutrition:

Serves 4 (2 fajitas per person).

