

Charles Hudson

Sunburst Trout Company, Canton, N.C.

Seafood Champion Award Winner 2008

Quick, Easy & Flavorful Trout

Grocery List:

4 Sunburst Trout Fillets
Juice of 1 Lemon
1 tsp. Lawry's Seasoned Salt
1 tsp. Old Bay Seasoning
4 tbsp. Lusty Monk Mustard
(or other Whole Grain Mustard)

Preparation:

1. Preheat your oven to broil.
2. Place trout fillets on nonstick baking pan.
3. Sprinkle trout fillets with lemon juice.
4. Sprinkle trout fillets evenly with seasonings.
5. Spread 1 tbsp mustard evenly on each trout fillet.
6. Place under Broiler for 5 to 7 minutes.

Be healthy. Be safe. Be smart.

*Share this kid-friendly recipe to support
healthy families and a healthy ocean.*

