



## **Pecan Trout**

By Nina Lynn

### **INGREDIENTS**

- 1 trout fillet (7 ounces)
- 2 tsp. coconut oil
- 1/2 oz. chopped pecans
- 1 tbs. lemon juice
- 1/2 tsp. Worcestershire sauce
- 1/4 cup dry white table wine

### **HOW TO MAKE IT:**

In a medium skillet, heat coconut oil and saute trout over medium heat for 2-3 minutes on each side. Carefully transfer trout to a plate. Add pecans to the skillet and cook over low heat, stirring, until toasted, 1-2 minutes. Stir in the remaining ingredients and cook until thoroughly heated for 1-2 minutes. Pour over trout and enjoy!

### **WHY THIS IS HEALTHY FOR YOU:**

Trout is a healthy source of protein and omega 3 fatty acids. Pecans add a healthy monounsaturated fat as well as the antioxidant vitamin E. Serve with a green salad or steamed vegetables to balance the meal with fibrous real carbohydrates.