



# CLEAR SPRINGS FOODS®

## A Winter Warm-up With Idaho Rainbow Trout

With the holidays in the rear-view mirror, now is the time to get back to lighter and healthier eating. Fresh, sustainable, easy-to-prepare rainbow trout may be just the answer you are looking for.

Rainbow trout is one of the easiest fish to prepare and a responsible menu choice. It was recognized as a "Best Choice" by Monterey Bay Aquarium's Seafood Watch program for the sustainably and ecologically responsible way it's farmed. Rainbow trout produces less waste due to its natural efficiency in converting its feed into protein. And U.S. farms do an excellent job of preventing escapes and species contamination.

Only 9% of consumed fish are caught and/or raised in American waters, making fresh rainbow trout one of the few species that are homegrown in the U.S. Seventy-five percent of U.S. trout is produced in Idaho in a complex system of aquifers and cold, pure, crystal-clear springs.

Rainbow trout made the 2014 Seafood Watch "Best of the Best" list. It is a nutritional powerhouse, with an abundance of Omega 3 fatty acids and 33 grams of lean protein per serving.

A delightful warm-up for cold winter nights, this recipe combines boneless rainbow trout fillets, julienned vegetables and a flavorful herbed broth with orzo.

### Clear Springs Trout with Sautéed Vegetables and Orzo in an Herbed Broth

Tender seared trout fillets sit atop sautéed vegetables, orzo and a warm, delicious broth.

A perfect winter dinner.

Serve in a wide shallow bowl with toasted bread to help get every flavorful bite.

#### Serves 4

#### 4 Clear Springs® Trout Fillets

Grill Mates® Lemon Pepper and Herb Seasoning

1 tablespoon fresh parsley, chopped fine

1 14.5 ounce can of low sodium chicken or vegetable broth

2 cups baby Portobello/cremini mushrooms, cleaned and sliced

1 medium zucchini, cleaned, sliced ¼ inch thick and quartered

6-8 small sweet peppers, cleaned, stemmed and julienned

Salt and pepper

½ cup white wine

Olive oil

1 cup orzo pasta, cooked and drained

3 tablespoons green onion, chopped

Garlic toast

1. Cut Clear Spring Trout fillets in half diagonally, season with lemon pepper and herb seasoning and set aside.
2. Add the parsley to the broth and simmer in a small saucepan on low heat until needed.
3. Add 1 tablespoon olive oil to a medium skillet. Add mushrooms, zucchini, peppers and a pinch of salt and pepper. Sauté for about one minute. Add wine and continue to sauté, lowering the heat slightly. Continue cooking until wine is reduced and vegetables are tender.
4. While vegetables are cooking, heat about 1 tablespoon olive oil on a large flat skillet. Add Clear Spring Trout fillets, skin side down, and sear until trout begins to turn opaque part way up each fillet, about 2-3 minutes. Turn the trout fillets over and continue to sear until cooked through, and a little crisp around the edges. Peel off skin at this point.
5. Place about ½ cup each of the cooked orzo into 4 wide, shallow bowls. Divide the vegetable mixture among all bowls. Layer two pieces of Clear Springs Trout on top of the vegetables and orzo. Pour 1/3 cup of the warmed broth over the trout and vegetables, filling bowl with broth to the bottom of the trout fillets.
6. Garnish with chopped green onion and serve with lightly toasted garlic bread.

#### Nutrition Facts

Serving Size 1259 g

Amount Per Serving

Calories 267 Calories from Fat 23

% Daily Value\*

Total Fat 2.6g

4%  
Cholesterol 41mg  
14%  
Sodium 372mg  
16%  
Potassium 890mg  
25%  
Total Carbohydrates 44.1g  
15%  
Dietary Fiber 3.9g  
16%  
Sugars 7.4g  
Protein 11.8g

Vitamin A 86%  
Vitamin C 278%  
Calcium 6%  
Iron 21%

Nutrition Grade A-  
\* Based on a 2000 calorie diet

#### Nutritional Analysis

##### Good points

Low in saturated fat      High in niacin  
High in riboflavin      High in thiamin  
Very high in vitamin A      High in vitamin B6  
Very high in vitamin C

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