

## Oven Baked Trout with Veggies

- **One large trout**  
(boned, head off, from Fish Breeders of Idaho)
- **1/2 sweet onion, minced**  
(Fair Mountain Farm, Four Seasons Farm, Prairie Sun Farm, Rice Family Farm, Wood River Organics)
- **2 tablespoons chopped dill**  
(Fair Mountain Farm, Prairie Sun Farm, Purple Sage Farm)
- **1 clove garlic, minced**  
(Ecology Patch, Four Seasons Farm, Sleeping Bison)
- **1 lb fresh baby spinach**  
(Fair Mountain Farm)
- **2 or 3 large carrots thinly sliced**  
(Fair Mountain Farm, Prairie Sun Farm, Rice Family Farms, Wood River Organics)
- **Salt and freshly ground black pepper**
- **2 teaspoons lemon zest**
- **1/4 cup olive oil, divided**

Preheat oven to 350 degrees.

Line a baking sheet with parchment paper or aluminum foil sprayed with cooking spray.

Spread spinach leaves on parchment and layer sliced carrot over the spinach.

Toss onion, dill, lemon zest and garlic with half of the olive oil.

Add salt and pepper to taste.

Press onion mixture into the trout, then brush the trout with the remaining olive oil, and season with salt and pepper.

Place the trout on the veggies.

Bake about 30 minutes, until the skin of the fish begins to brown and the flesh flakes easily with a fork.

Enjoy!