

## Grilled Herb-Stuffed Trout



Serves 8

8 rainbow trout, dressed, boneless and rinsed  
1 cup extra-virgin olive oil  
1 bunch sage  
1 bunch thyme  
1 bunch rosemary sprigs, cut into 3-inch pieces  
3 Tbsp. kosher salt  
1 Tbsp. freshly ground black pepper  
3 lemons, sliced thinly crosswise  
¼ cup canola or vegetable oil

Preheat a charcoal or propane grill.

In a medium bowl, combine all herbs by tossing gently to separate and mix sprigs and leaves.

After rinsing each trout, pat dry interior cavity and skin with paper towels. Using a sheet pan, place all trout side by side and begin by rubbing each belly cavity with olive oil. Season cavity with salt and pepper and spoon herbs equally into each trout. Add lemon slices and fold trout closed.

Before grilling, rub oil on trout skin and season. Grill for 4 minutes on each side or until flesh is opaque.