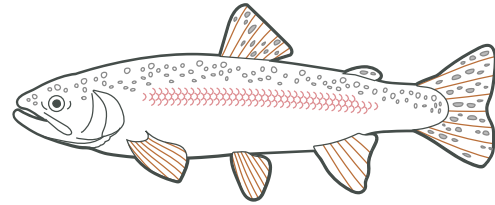


Rainbow Trout

Oncorhynchus mykiss

Rainbow trout belong to the Salmonidae family. They are native to cold freshwater streams of the Western United States (west of the continental divide) and Russia, and they have been widely introduced throughout the United States. Anadromous rainbow trout, which spend a portion of life in the ocean, are commonly called steelhead. Rainbow trout have elongated bodies and striking color patterns that change based on life phase.¹ They are silver to olive-green to metallic blue with white bellies, and have a distinct pink band running the length of their bodies. Their backs, sides, and most of their fins are sprinkled with small black spots.² Rainbow trout fillets vary from white to pink and even orange based on diet.



Where do the rainbow trout I eat come from?

One way to get rainbow trout is to catch them. Rainbow trout are popular recreational sportfishing species in the United States. They are commonly raised in hatcheries and introduced to freshwater lakes and streams. The other way to obtain rainbow trout is by purchasing farm-raised fish. Trout farming has a long history in the United States, dating back to the 1800s.³ Traditionally, trout has been farmed in outdoor ponds or raceway systems fed by cool spring water.⁴ Trout can also be raised in freshwater net pens and indoor controlled environments using recirculating aquaculture systems (RAS). U.S. farmed rainbow trout can be purchased at restaurants, grocery stores, seafood markets,⁵ and directly from farmers.

Why eat rainbow trout?

- Mild Flavor
- Delicate Texture
- Lean Protein
- Omega-3 Fatty Acids
- Vitamins & Minerals (nutrient dense)

Are farmed rainbow trout safe to eat?

Yes, they are safe to eat. Freshwater trout is listed as a “Best Choice”⁶ option for sensitive populations, like pregnant women and children. This means that they do not contain unsafe levels of mercury and have healthy fats (omega-3s). Seafood safety, which includes freshwater fish, starts at the farm. By providing quality feed and optimal water conditions, farmers can ensure that the trout they produce is safe to eat. This means low to no contaminants.

To learn about commercial fish and seafood safety, visit:

Eat Midwest Fish: Advisories

eatmidwestfish.org/nutrition-safety/advisories

EPA-FDA Advice about Eating Fish and Shellfish

<https://bit.ly/epa-safe-eating-guide>

EPA State, Territory, and Tribe Fish Guide

<https://fishadvisoryonline.epa.gov/Contacts.aspx>

Grilled Rainbow Trout with Apricot Salsa

Prep Time: 15 minutes / Start to finish: 1 hour 20 minutes

Serves: 4

1 lb rainbow trout fillets, skin-on
1 cup fresh apricots, diced
1/2 cup avocado, diced
3/4 cup fresh pineapple, diced
1/4 cup red bell pepper, diced
1-1/4 Tbsp lime juice chopped
1/2 cup cilantro leaves, chopped
1 tsp cilantro leaves, finely
chopped
6 Tbsp olive oil
Fresh ground pepper, to taste

Cooking Tips

Trout is highly versatile in form and how you cook it. Whole-dressed trout are great to stuff and grill or bake. Trout can be grilled, smoked, broiled, sautéed, pan-fried, poached, or baked—trout pairs nicely with lemon, rosemary, basil, dill, thyme, and garlic.

1. In a medium bowl, combine apricots, avocado, pineapple, and red bell pepper. Sprinkle with lime juice and finely chopped cilantro; toss to combine and chill mixture at least one hour.
2. In a separate bowl combine olive oil and chopped cilantro. Mix and let sit for one hour.
3. Coat fresh or properly thawed, skin-on fillets with cilantro infused olive oil and place on the grill flesh side down. Grill for 2 minutes.
4. Turn fillets and grill for 2 more minutes or until the flesh turns opaque and the internal temperature is 145° F.
5. Remove fillets to a serving plate; top each with a quarter of the apricot salsa.
6. Serve immediately.

