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# Baked Trout

*Bonnie Welch and Deanna White*

*Kitchen Keepsakes - Castle Rock, CO - 1989*

Servings: 4

**4 small trout, cleaned, washed and dried**  
**4 sprigs fresh thyme (or 1/2 teaspoon dried )**  
**juice of one lemon**  
**4 thin slices bacon**  
**4 sheets aluminum foil**  
**4 tablespoons butter**

Preheat the oven to 400 degrees.

Place a sprig of fresh thyme inside each trout. Sprinkle with lemon juice. Wrap each trout in a slice of bacon.

Grease each sheet of the foil with one-quarter of the butter. Completely enclose the fish in foil. Place the packets on a baking dish.

Bake for 10 minutes. Lower the oven temperature to 350 degrees.

Bake for an additional 10 minutes.

Serve the trout in their foil packages.

## Seafood

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*Per Serving (excluding unknown items): 264 Calories; 20g Fat (69.7% calories from fat); 20g Protein; trace Carbohydrate; 0g Dietary Fiber; 86mg Cholesterol; 262mg Sodium. Exchanges: 2 1/2 Lean Meat; 2 1/2 Fat.*