

# Apricot-Stuffed Trout

*Slightly sweet apricot and dill filling is a delectable complement to trout.*

Cooking oil	2 tsp.	10 mL
Finely chopped red onion	1/4 cup	60 mL
Cooked jasmine (or long grain white) rice	1/2 cup	125 mL
Finely chopped pecans, toasted (see Note)	2 tbsp.	30 mL
Orange juice	1 tbsp.	15 mL
Finely chopped dried apricot	1 tbsp.	15 mL
Chopped fresh dill (or 1/2 tsp., 2 mL, dill weed)	1 1/2 tsp.	7 mL
Salt	1/4 tsp.	1 mL
Pepper, just a pinch		
Whole trout (about 10 oz., 280 g, each), pan ready	2	2

Heat cooking oil in small frying pan on medium. Add onion. Cook for 5 to 10 minutes, stirring often, until softened. Transfer to large bowl.

Add next 7 ingredients. Stir well.

Rinse inside of each trout. Pat dry with paper towels. Divide and spoon rice mixture into each trout. Spread evenly. Tie each with butcher's string or secure with metal skewers to enclose filling. Preheat barbecue to medium-low. Place trout on greased grill. Close lid. Cook for 5 to 6 minutes per side until trout flakes easily when tested with fork. Serves 4.

*1 serving: 236 Calories; 11.4 g Total Fat (6.1 g Mono, 2.8 g Poly, 1.5 g Sat); 57 mg Cholesterol; 11 g Carbohydrate; trace Fibre; 22 g Protein; 200 mg Sodium*

**Note:** To toast nuts, spread evenly in ungreased shallow pan. Bake in 350°F (175°C) oven for 5 to 10 minutes, stirring or shaking often, until desired doneness.

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