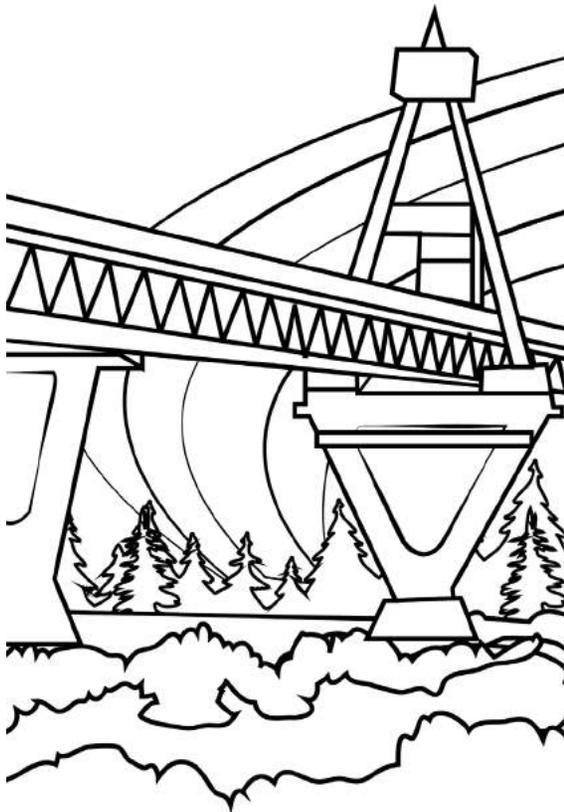


## Lake Trout is Good for Us!

Lake trout have a range of coloring, including green, gray, brown and black with a light coloured belly. Lake trout can be found throughout the Northwest Territories. It can take up to 12 years for this fish to mature. The flesh can have a very light colour but can range to a deep pink.

Lake trout is an excellent source of protein. Protein is needed to build



and repair all parts of the body. It is also a source of healthy fats, called omega-3 fatty acids. Omega-3 fats help to keep the heart healthy and are good for brain development. Lake trout is also a source of phosphorus. Phosphorus is important for healthy bones and teeth and it also helps the body to grow.

## Is Lake Trout Safe to Eat?

Yes! Lake trout are safe to eat.

They are also some of the healthiest foods available. The benefits of consuming lake trout are much greater than the risks of contaminant exposure.

However, in certain locations, fish consumption notices have been issued in the past for lake trout. Check the GNWT Health and Social Services website for current consumption notices.

**Preparation:** Trout can be roasted or eaten frozen. They may also be boiled, baked, fried, or made into trout soup. Trout livers can be prepared with blueberries and eaten at any meal for dessert. Trout can be hard to dry when they are fat. They can be half-dried for one to four days, then boiled and eaten with seal oil. Trout may also be stored pickled with blueberries.

## Cheese Stuffed Trout

### Ingredients:

- 2 lbs. whole trout
- cleaned  $\frac{1}{2}$  cup fresh mushrooms
- sliced  $\frac{1}{2}$  cup green onion
- chopped  $\frac{1}{2}$  cup green pepper
- chopped 2 tbsp. grated parmesan cheese
- salt and pepper to taste

**Instructions:** In a small bowl, combine mushrooms, green onion, green pepper and parmesan cheese. Spoon into cavity of fish, seasoning with salt and pepper. Securely close cavity with toothpicks or skewer to keep stuffing inside. Place on lightly greased broiler pan. Broil 4-5" from heat, about 5 to 10 minutes on each side, or until fish flakes easy.



