Grilled Trout with Golden Squash Kabobs\*  
Trout is one of the best sources of Omega-3’s amongst fresh water fish.  
serves 4  
  
Ingredients  
8 sunburst squash or yellow zucchini, cut into 1-inch chunks  
2 tsp minced fresh thyme  
2 Tbsp olive oil  
1/2 tsp freshly ground black pepper  
2 slices nitrate-free bacon or turkey bacon, cut into inch pieces (optional)  
4-8 skin-on trout fillets (3 to 6 ounces each)  
  
Preparation  
1. Toss the squash, thyme, 1 tbsp of the oil, and the pepper together in a bowl. Let marinate for about 45 minutes, tossing occasionally.  
2. Meanwhile, soak 4 long or 8 short wooden skewers in water for 30 minutes. Build a hot wood or charcoal fire in a grill, or preheat a gas grill to 400°F.  
3. Thread the squash, alternating with bacon if using, onto the soaked skewers. Grill until the squash is lightly browned and the bacon is beginning to crisp, 3 to 4 minutes per side. Transfer the skewers to a platter.  
4. Brush the trout fillets with the remaining 1 tbsp oil and place them, skin side down, on the grill. Cover the grill and cook until the fish is opaque throughout, 4 to 5 minutes. Transfer to a platter.  
5. To serve, arrange 1 or 2 fillets on each plate and top with a kabob or two. (Or, remove the squash and bacon from the skewers, mound on each plate, and top with the fish.)