

This item has a recipe.

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Frozen Walleye USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Walleye is a flaky, mild-flavored white fish that can be prepared in many ways.

How To Use It
Walleye can be baked or broiled in the oven, pan-seared on the stove top, or grilled.

How To Store It
Store in the freezer at or below 0 °F until ready to use. Thaw according to package instructions.

Why Eat It?
Seafood contains omega-3 fatty acids which a overall healthy diet may help reduce the risk o

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