

MOT more of this
LOT less of that

Walnut Crusted Salmon

Wild caught salmon topped with a walnut crust makes for a high nutrient meal.

Serves: 4

Prep and Cook time: 45 minutes

Ingredients

- 2 teaspoons dijon mustard
- 1 garlic clove, minced
- 1 teaspoon lemon juice
- ½ teaspoon rosemary
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- ½ teaspoon crushed red pepper
- ½ cup finely chopped walnuts
- 1-2 teaspoons olive oil 1 lb wild caught salmon
- Parsley and lemon wedges for garnish

Directions

1. Preheat oven to 425 degrees. Line a large rimmed baking sheet with parchment paper.
2. Combine mustard, garlic, lemon juice, rosemary, salt, pepper and crushed red pepper in a small bowl.
3. Combine walnuts and oil in another small bowl.
4. Place salmon on the prepared baking sheet. Spread the mustard mixture over the fish and sprinkle with the walnut mixture, pressing to adhere. Lightly coat with cooking spray.
5. Bake until the fish flakes easily with a fork, about 8 to 12 minutes, depending on thickness.
6. Sprinkle with parsley and serve with lemon wedges, if desired.

Mary-Beth says: *"This salmon recipe is easy and delicious. I love the addition of walnuts to amp up the Omega-3s!"*