Walnut-Rosemary Crusted Salmon

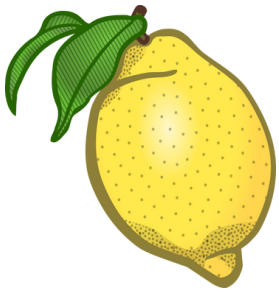
Source: eatingwell

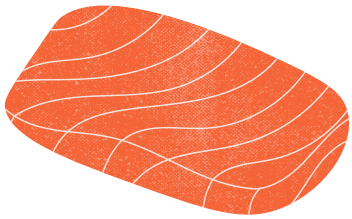
Salmon and walnuts are both great sources of omega-3 fatty acids. Pair this easy salmon recipe with a simple salad and a side of roasted potatoes or quinoa.

SERVINGS: 4 PREPPING TIME: 10 MIN COOKING TIME: 30 MIN

Ingredients

- 2 teaspoons Dijon mustard
- 1 clove garlic, minced
- 1/4 teaspoon lemon zest
- 1 teaspoon lemon juice
- 1 teaspoon chopped fresh rosemary
- 1/2 teaspoon honey
- 1/2 teaspoon kosher salt
- 1/4 teaspoon crushed red pepper
- 3 tablespoons panko breadcrumbs
- 3 tablespoons finely chopped walnuts
- 1 teaspoon extra-virgin olive oil
- 1 (1 pound) skinless salmon fillet, fresh or frozen
- olive oil cooking spray
- chopped fresh parsley and lemon wedge for garnish





Nutrition Facts	
4 Servings **Serving Size**	**3oz of recipe**
Amount per serving **Calories**	**222**
Total Fat	12g
Saturated Fat	2g
Cholesterol	62mg
Sodium	256mg
Total Carbohydrates	4g
Dietary Fiber	5g
Total Sugars	1g
Protein	24g
Potassium	369mg

Directions

1 **Prep** Preheat oven to 425 degrees F. Line a large rimmed baking sheet with parchment paper. Combine mustard, garlic, lemon zest, lemon juice, rosemary, honey, salt, and crushed red pepper in a small bowl. Combine panko, walnuts and oil in another small bowl.

2 **Cook** Place salmon on the prepared baking sheet. Spread the mustard mixture over the fish and sprinkle with the panko mixture, pressing to adhere. Lightly coat with cooking spray. Bake until the fish flakes easily with a fork, about 8 to 12 minutes, depending on thickness.

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