

Pistachio Crusted Salmon

Ingredients:

2 salmon fillets, 4-6 oz. each, skin on.
Salt and pepper to taste (optional)
½ lemon, juiced
1 tbsp. Dijon mustard
1 tbsp. Honey
½ cup pistachio nuts, shelled and coarsely chopped
2 tbsp. panko bread crumbs
1 tbsp. olive oil
1 clove garlic, minced

Directions:

Preheat oven to 375°. Rinse salmon and pat dry. Place salmon on parchment lined baking sheet, skin side down. Sprinkle with salt and pepper, if desired. In a small bowl, combine lemon juice, mustard and honey. Spoon mixture and spread over each salmon fillet. Combine the pistachios with panko crumbs and olive oil. Spread mixture on top of salmon fillets, pressing lightly to adhere. Bake until salmon is cooked through and pistachios are golden brown, about 15-20 minutes. Remove from oven and let stand about 5 minutes before serving. Serves 2.

Nutrition Info: (per 4 oz. fillet)

Calories: 348
Fat: 20 grams
Saturated Fat: 2.1 grams
Carbohydrate: 15 grams
Fiber: 1.5 grams
Protein: 25 grams
Sodium: 234 grams
Exchanges: 3.5 lean meat, 2 fats, 1 fruit