

Sizzling Roasted Pecan Salmon

Ingredients

- 4 salmon filets (4-6 oz. each)
- Salt and pepper to taste
- 1 Tbsp. Dijon mustard
- 1 Tbsp. honey
- 2 Tbsp. seasoned breadcrumbs
- 2 Tbsp. chopped pecans
- 1 tsp. parsley
- Wedges of fresh lemon



Preparation

1. Sprinkle salmon with salt and pepper. Place skin-side down on baking sheet.
2. Combine mustard and honey, brush on top of salmon.
3. Mix topping of breadcrumbs, nuts and parsley and sprinkle over salmon.
4. Bake at 400 degrees F for 10-15 minutes or until flaky. Serve with wedges of fresh lemon.

Nutrition Facts

Yield: 6 servings (1 cup soup and 2 slices garlic toast)

Amount Per Serving

Calories 265

Calories from fat: 42 percent

Total Fat 12g

Saturated Fat 1.6g

Cholesterol 78mg

Sodium 252mg

Total Carbohydrates 9g

Dietary Fiber 0.4g

Protein 29g

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