

Walnut & Rosemary-Crusted Salmon



Prep time: 10 minutes

Cooking time: 8 - 12 minutes

Servings: 4

Ingredients

- 2 teaspoons Dijon mustard
- 1 clove garlic, minced
- ¼ teaspoon lemon zest
- 1 teaspoon lemon juice
- 1 teaspoon chopped fresh rosemary
- ½ teaspoon honey
- ½ teaspoon kosher salt
- ¼ teaspoon crushed red pepper
- 3 tablespoons panko breadcrumbs
- 3 tablespoons finely chopped walnuts
- 1 teaspoon extra-virgin olive oil
- 4 salmon fillets, fresh or thawed from frozen
- Olive oil

- Chopped fresh parsley (or other herb) and lemon wedges for garnish

Directions:

1. Preheat oven to 425°F. Line a large rimmed baking sheet with parchment paper.
2. Combine 2 teaspoons mustard, garlic, ¼ teaspoon lemon zest, 1 teaspoon lemon juice, 1 teaspoon rosemary, ½ teaspoon honey, ½ teaspoon salt and ¼ teaspoon crushed red pepper in a small bowl. Combine 3 tablespoons panko, 3 tablespoons walnuts and 1 teaspoon oil in another small bowl.
3. 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 olive oil.
4. Bake until the fish flakes easily with a fork, about 8 to 12 minutes, depending on thickness.

Recipe compliments of *eatingwell.com*