



Walnut Crusted Salmon

By Susan Landeis | December 3, 2015

- 4 4 oz salmon fillets*
- 4 teaspoons Dijon mustard*
- 4 teaspoons honey*
- 1 cup whole wheat bread crumbs*
- 3 tablespoons finely chopped walnuts*
- 2 teaspoons olive oil*
- 1 teaspoon dried dill*

Preheat oven to 400 degrees. Coat a baking sheet with cooking spray and place salmon fillets evenly. Combine mustard and honey, and brush on top of each salmon fillet. Combine bread crumbs, chopped walnuts, olive oil and dill. Press mixture onto salmon. Bake 12-15 minutes or until lightly browned and salmon flakes easily with a fork.

Health Benefit: Both salmon and walnuts contain omega-3 fatty acids. This essential fatty acid contributes to healthy brain function, heart health, and healthy joints. Salmon is a high quality protein and contains important vitamins and minerals; like vitamin B-12, potassium, and selenium. Walnuts are an excellent source of folic acid, phosphorus, and vitamin B-6 which can help strengthen the immune system and support nerve health.