



Walnut-Rosemary Crusted Salmon



Prep
10 m

Ready In
20 m

Recipe By: Andrea Kirkland M.S., RD

“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.”

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
- 1 (1 pound) skinless salmon fillet, fresh or frozen
- Olive oil cooking spray

Directions

- 1 Preheat oven to 425°F. Line a large rimmed baking sheet with parchment paper.
- 2 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.
- 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 cooking spray.
- 4 Bake until the fish flakes easily with a fork, about 8 to 12 minutes, depending on thickness.