

Walnut-Crusted Salmon

¼ cup finely chopped Walnuts
1 tablespoon dry bread crumbs
1 teaspoon grated lemon rind
1 teaspoons walnut or canola oil
1 teaspoons chopped fresh dill or 1/2 teaspoon dried

1 Tablespoon ground flax seed
1 salmon fillets, skin-on
1 teaspoon brown mustard
2 lemon slices (thinly sliced) for garnish and flavor.

1. Mix together walnuts, bread crumbs, lemon rind, oil, dill, and flax, mixture should slightly stick together; set aside.
2. Place salmon fillet, skin side down, and brush top with mustard. Press crumb mixture onto mustard. Cover with plastic wrap and refrigerate 15 minutes to one hour.
3. Place salmon fillets on baking pan and top each with a thin slice of lemon.
4. Bake at 350°F (175°C) about 15 minutes or until salmon flakes with fork or reaches 145 degrees when tested with a thermometer.

Makes 1 serving.

Nutrition Values

Calories	388
Fat	28 g
Cholesterol	47 mg
Calcium	51 mg
Carbohydrate	10.4 g
Sodium	217 mg
Protein	25.5 g
Fiber	2.8 g

