

BAKED SALMON WITH PANKO CRUST

An easy recipe that is perfect for weeknights and fancy enough for company. Salmon takes 15 minutes to cook in the oven. Serve with fast cooking couscous and roasted broccoli to round out the meal.

SERVES 4

Ingredients

2/3 cup Panko bread crumbs
2 tablespoons fresh parsley (Italian or curly)
1 teaspoon grated lemon zest
salt and pepper to taste
2 Tablespoons olive oil
1¼ pounds fresh salmon, cut into 4 equal fillets, skin on
2 Tablespoons Dijon mustard

Directions

Preheat the oven to 400 degrees. Line a baking sheet with parchment or aluminum foil.

In a small bowl, mix together the panko, parsley, lemon zest, salt and pepper to taste. Add olive oil and stir until the crumbs are evenly coated. Set aside.

Place the salmon fillets, skin side down, on a cutting board. Sprinkle with salt and pepper. Add mustard to each fillet, evenly dividing it between them. Use the back of a spoon to spread the Dijon mustard over the surface of each salmon fillet.

Press the panko mixture thickly on top of the mustard onto each salmon fillet. Add the panko crusted salmon fillets onto the lined baking sheet and place in the preheated oven. Set timer to 15 minutes.

Salmon is done when the panko crumbs are lightly toasted and a knife inserted into the center meets no resistance. The knife will NOT easily go through fish that isn't fully cooked.

Serve with couscous, rice or mashed potatoes and a roasted vegetable of choice.

Adapted from Ina Garten's recipe Panko Crusted Salmon; Barefoot Contessa How Easy is That?



Nutrition Facts	
4 servings per container	
Serving size 1 (5 ounce) salmon fillet (166g)	
Amount Per Serving	
Calories	400
% Daily Value*	
Total Fat 26g	33%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 420mg	18%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 15.6mcg	80%
Calcium 20mg	2%
Iron 0.7mg	4%
Potassium 530mg	10%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	