

## Baked Salmon With Panko Crust

*A fast and easy recipe that is perfect for weeknights, but fancy enough for company. Salmon is rich in heart healthy omega 3 fats and protein. Best of all it cooks in 15 minutes! Panko are Japanese bread crumbs and are found in the Asian section of supermarkets and gives a wonderful crunch to recipes. Serve with fast cooking couscous and roasted broccoli to round out the meal.*

Serves: 4

### **Topping:**

2/3 cup panko bread crumbs  
2 T chopped parsley  
1 tsp grated lemon zest  
2 T olive oil  
salt and pepper to taste

### **Salmon:**

1 1/4 pounds salmon fillet, skin on,  
cut into 4 equal pieces  
2 T Dijon mustard  
salt and pepper to taste



### **Instructions**

- Preheat the oven to 400°F. 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 the lined baking sheet.
- Sprinkle with salt and pepper.
- Using the back of a spoon, spread the Dijon mustard evenly between the 4 fillets.
- Press the panko mixture thickly on top of the mustard onto each salmon fillet.
- Place pan with salmon 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. Note: 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.

Per Serving- Calories: 363 Saturated Fat: 2.6 Sodium: 460 mg Added Sugars: 0g Protein: 41 g  
Carbohydrates: 13 g Dietary Fiber: 1g

Adapted from Ina Garten's Barefoot Contessa How Easy is That? p.152