DIJON AND PECAN ENCRUSTED SALMON

INGREDIENTS:

4 OUNCES	SALMON
1 TABLESPOON	PECANS, RAW, UNSALTED, CHOPPED
½ TABLESPOON	WHOLE GRAIN DIJON MUSTARD
½ TEASPOON	OLIVE OIL

METHOD:

- Preheat oven to 375°F.
- Bring a sauté pan to medium high heat.
- Add olive oil.
- Place salmon in pan skin side up and cook for 2-3 minutes, or well seared.
- Transfer salmon to a sheet pan seared side up.
- Top filet with Dijon mustard and pecans.
- Roast at 375°F degrees for 3 minutes or until internal temperature reaches 140°F.

CHEF'S NOTE: To save some time and clean up, you can skip the searing step and simply place salmon on a sheet pan and top with the Dijon and pecans. You'll lose some flavor and texture though.

Serves: 1
Serving Size: 4 ounces
Calories: 230
Fat: 14 gm **Sodium:** 150 mg **Carbohydrates:** 2 gm **Protein:** 23 gm **Fiber:** 0 gm