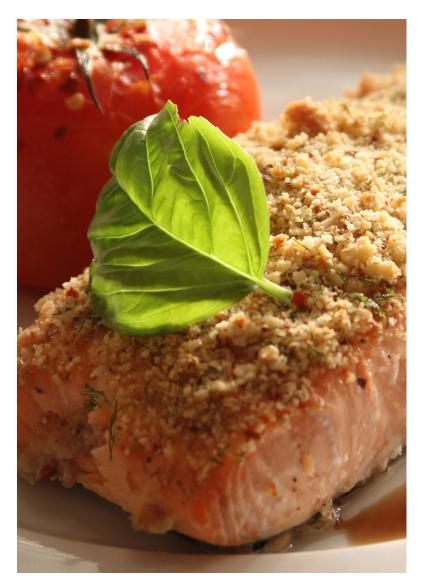


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Almond-Crusted Salmon

Makes 4 servings. Recipe from Cooking Light.

Ingredients

3 tablespoons extra-virgin olive oil

¼ cup almond meal

¼ cup panko

1/4 teaspoon ground coriander

¼ teaspoon ground cumin

4 (6-ounce) salmon fillets, about 1" thick

2 teaspoons lemon juice

½ teaspoon kosher salt

¼ teaspoon freshly ground black pepper

Cooking spray

4 lemon wedges

Fresh basil leaves for garnish

Nutritional info

Calories:332Total Fat:16gCholesterol:87mgSodium:330mgProtein:38gCarbohydrates:5gCalcium:28mg

Directions

- 1. Preheat oven to 500°.
- 2. Combine first 4 ingredients in a shallow dish; set aside.
- 3. Brush tops and sides of fish with juice: sprinkle with salt and pepper.
- 4. Working with 1 fillet at a time, dredge top and sides in almond mixture; place skin side down on broiler pan coated with cooking spray. Sprinkle any remaining crumb mixture evenly over fish; press gently to adhere.
- 5. Bake at 500° for 15 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- 6. Garnish with basil and serve with lemon wedges.