

Pecan & Dijon Encrusted Salmon

Ingredients:

4 ounces	Salmon
¼ Tablespoon	Pecans, chopped
½ Tablespoon	Whole grain Dijon mustard
½ teaspoon	Olive oil



Method:

- Bring a sauté pan to medium high heat.
- Add olive oil.
- Sear salmon fillet on 1 side for 2-3 minutes, or until caramelized.
- Flip salmon fillet.
- Top fillet with Dijon mustard and pecans.
- Bake at 450 degrees for 3 minutes or until desired doneness.

Nutritional Information:

Servings: 1 | Serving size: 1 (4 ounce) fillet | Calories: 240 | Fat: 15 grams
Sodium: 200 milligrams | Carbohydrates: 2 grams | Protein: 24 grams | Fiber: 1 gram