



PISTACHIO CRUSTED SALMON

Ingredients

Pistachio & Seed Mixture (per serving):

- ½ tsp. Pistachios, minced
- ½ tsp. Almonds, minced
- ½ tsp. Sesame seeds (can do mix of black and white)

Salmon:

- 4 oz. Salmon
- 1 tsp. White balsamic glaze, evenly divided
- 1/8th tsp. Salt
- 1/8th tsp. Pepper
- ¼ tsp. Olive oil
- 1 ½ tsp. Nut & Seed mixture –see above

Method

- Prepare the nut mixture and set aside.
- Add ½ tsp. of white balsamic glaze to flesh side of salmon then season with salt and pepper.
- Bring a small sauté pan to medium high heat then add ¼ tsp. of olive oil followed by searing the salmon for ~2 minutes.
- Once slightly seared, remove pan off heat then top salmon with ½ tsp. of balsamic glaze + 1 ½ tsp. of the nut & seeds mixture.
- Finish salmon in the oven until the skin is crispy or the salmon is cooked through.

Serves: 1

Serving Size: 4 oz. prepared encrusted salmon

Calories: 200

Fat: 10 gm

Protein: 23 gm

Carbohydrates: 4 gm

Sodium: 290 mg

Fiber: 0 gm