



Almond-Crusted Salmon

Makes 4 servings. Recipe from Cooking Light.

Ingredients

3 tablespoons extra-virgin olive oil
¼ cup almond meal
¼ cup panko
¼ 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:	332
Total Fat:	16g
Cholesterol:	87mg
Sodium:	330mg
Protein:	38g
Carbohydrates:	5g
Calcium:	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.