

PISTACHIO CRUSTED SALMON

If one of your goals is to eat more fish, then add this recipe to your files. For the little bit of time it takes to prep and bake this dish, you will be amazed at how delicious it is! Serve with side salad, fresh green beans and quinoa/brown rice for a satisfying meal that is packed with omega-3s.

RECIPE

Four, 4-6 oz pieces of wild salmon

1 cup pistachio meats

One large orange, zested

1 tsp chopped garlic clove

Flat-leaf parsley

Salt and black pepper

Crush the pistachios in a Ziploc bag with a rolling pin or bottle. Add garlic, orange zest, salt and pepper and mix to combine. Place a thick layer of the pistachio mixture on salmon filets and bake (skin side down) at 450 for 12-13 minutes. Finish with a squeeze of fresh orange juice and chopped parsley. Makes 4 servings.

Tip: Line baking sheet with foil for easy clean up.

Recipe founded by www.camillestyles.com!