



## Pistachio-Oat Crusted Salmon

4 Servings • 1 Serving = 1 Fillet

### INGREDIENTS

- ¼ cup shelled pistachios
- ¼ cup rolled oats
- 1 clove garlic, smashed
- ½ teaspoon ground paprika
- 1 teaspoon dried dill
- 1/8 teaspoon salt
- Freshly ground black pepper, to taste
- Extra virgin olive oil, as needed
- 4 (4 ounce) salmon fillets
- 4 lemon wedges

### DIRECTIONS

1. Preheat oven to 400°F.
2. Combine the pistachios, oats, garlic, paprika, dill, salt, and pepper in a food processor or blender. Pulse until crumbly.
3. Line a baking sheet with parchment paper or aluminum foil. Spread a little olive oil on the sheet.
4. Using a paper towel, pat the salmon dry. Then, spread the pistachio-oat mixture on top of the salmon fillets, pressing down gently.
5. Lay the salmon on the baking sheet, pistachio-oat mixture side facing up. Bake for 8-10 minutes or until fish is cooked. The salmon should easily flake off with a fork when done.
6. Remove from heat, let sit 2 minutes, and then serve with lemon wedges.

Nutrition Facts	
4 servings per container	
Serving size	1 fillet
Amount per serving	
<b>Calories</b>	<b>250</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 16g	21%
Saturated Fat 3.5g	18%
Trans Fat 0g	
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 125mg	5%
<b>Total Carbohydrate</b> 6g	2%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 20g	
Vitamin D 9mcg	45%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 419mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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