

Dinner

Pistachio-Crusted Salmon

Side Effect: Weight Loss/ Loss of Appetite

5-7 Mins
Prep Time

15 Mins
Cook Time

4
Servings

 **302 Calories** **17g Fat** **2g Carbs** **37g Protein**



Ingredients

 **4 Servings** • **6 Oz Fillet** Serving Size

 **22 Mins** Total Time

 **Allergens:** Nuts, Fish

¼ Cup Salted Pistachios, finely chopped

2 Tsp Grainy Dijon Mustard

1 Tsp Lemon Zest, **wash lemon before zesting**

1 ½ lbs Skin-on Salmon Fillet 

Salt and Pepper, to taste

Allergen Swap

Nuts Omit pistachios and use sunflower seeds

Fish Topping can be used on chicken or slices of tofu

Nourishment Note



Salmon

Salmon is rich in inflammation-lowering omega-3 fatty acids and protein. The protein in salmon can help to maintain lean body mass, which can decrease during cancer treatment.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat oven to 450° F.

3. Combine Ingredients

Stir together pistachios, mustard, and lemon zest in a small bowl.

4. Season Salmon

Place salmon, skin side down, on a foil-lined baking sheet. Sprinkle with salt and pepper. Spoon pistachio mixture on top of salmon; pat into an even layer.

5. Bake

Place in preheated oven and bake until salmon is cooked through and easily flakes with a fork, about 15 minutes. Plate and enjoy!

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [cookinglight.com](https://www.cookinglight.com)

What You'll Need



Measuring Cups



Measuring Spoons



Small Mixing Bowl



Spoon



Baking Sheet



Aluminum Foil

Fatigue Buster

- Use a mini-food processor to chop pistachios.