

**Dinner** 

# **Pistachio-Crusted Salmon**

Side Effect: Weight Loss/ Loss of Appetite

**5-7 Mins Prep Time** 

15 Mins **Cook Time** 

Servings

**302** Calories

17g Fat 2g Carbs

37g Protein



# **Ingredients**

4 Servings • 6 Oz Fillet Serving Size

**22 Mins Total Time** 

**Allergens:** Nuts, Fish

1/4 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

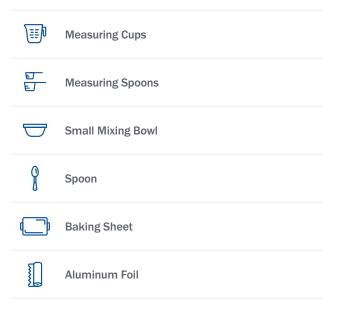
Place in preheated oven and bake until salmon is cooked through and easily flakes with a fork, about 15 minutes. Plate and enjoy!

#### 6. Wash Hands

Wash hands with soap and water.

Recipe adapted from: cookinglight.com

## What You'll Need



### **Fatigue Buster**

· Use a mini-food processor to chop pistachios.