

Dinner

## Pistachio-Crusted Salmon

**5-7 Mins**  
Prep Time

**15 Mins**  
Cook Time

**4**  
Servings

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



### Ingredients

4 Servings • 5 Oz Fillets 22 Mins Total Time Allergens: Nuts, Fish

¼ Cup Salted Pistachios, finely chopped

2 Tsp Grainy Dijon Mustard

1 Tsp Lemon Zest

1 ½ Lb 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



##### Pistachios

Pistachios contain beneficial fats that can help lower cholesterol levels, reducing the risk for heart disease. They also contain vitamin B6, important to energy levels.



##### Salmon

Salmon contains high amounts of omega-3 fatty acids to help protect the heart and brain. It's also high in protein, important for building new and healthy cells in the body. Wild caught salmon contains higher levels of vitamin D, an important nutrient in those with MS.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Combine Ingredients

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

### 3. 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.

### 4. Bake

Bake at 450° until salmon easily flakes with a fork, about 15 minutes.

### 5. 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

- Salmon: Look for individual frozen salmon portions for a quick protein option.
- Topping: Make double the pistachio topping and use on plain baked chicken for an easy meal later in the week. Pistachios are also great for snacking on!