

Walnut Crusted Salmon

Items Needed: mixing bowls for “crusting,” fork, knife, cutting board, non stick pan or baking sheet

Serves: 2

Ingredients:

- $\frac{3}{4}$ cup chopped walnuts
 - Other additions: cinnamon, paprika, maple syrup, onion and garlic powder.
- $\frac{1}{2}$ cup all purpose flour
- 1 large egg
- 2 portions of salmon (4-6 oz.)
- 2 tsp olive oil
- Salt and pepper to taste

Directions:

1. In 3 medium bowls we are going to set up a breading station: one pan with flour, one with egg, and the last with our walnut crusting. Make sure to salt and pepper your flour and your egg wash.
2. Portion salmon if you purchased a large filet of salmon and remove skin.
3. Pat dry with a paper towel or kitchen towel. Dip one side of the salmon in the flour to coat evenly. Then repeat in the egg wash, and finally in the chopped walnut crusting.
4. Heat a non stick skillet over medium high heat. Add olive oil and allow to warm up for approximately 30 seconds to a minute. Place the Salmon crust side down in the pan and reduce to medium heat.
5. Cook for 2 minutes on one side. Turn salmon over and allow to cook another 2-3 minutes on the other side or until the salmon has reached an internal temperature of 145 degrees. This time will depend on how thick your salmon filet is.
6. Remove from heat and allow to rest for 2-3 minutes.

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