



ITEM

Pecan Encrusted Salmon

YIELDS:

10 portions

INGREDIENTS

- 10 salmon portions
- 1 tsp salt
- 1 tsp black pepper
- 3 Tbsp melted butter
- 3 Tbsp dijon mustard
- 3 Tbsp maple syrup
- 1 cup chopped pecans
- 1/2 cup unsalted crackers, crushed
- 3 Tbsp chopped green onions
- 3 Tbsp chopped parsley
- 2 whole lemons, cut into wedges

METHOD:

Preheat the oven to 400F.

Season each salmon portion with salt and pepper.

In a small bowl, mix together the butter, mustard, and maple syrup.

In a separate bowl, mix together the pecans, crackers, green onions and parsley.

Brush the salmon with the mustard mixture and place on a parchment paper lined baking sheet. Top evenly with the pecan mixture.

Bake for 10 – 12 minutes or until the salmon flakes apart. Serve with lemon wedges.