

ROASTED SALMON WITH ALMOND & OLIVE TAPENADE

Ingredients

2 Tbl. olive oil
1/2 c. sliced almonds
1/2 c. Panko bread crumbs
1 tsp. thyme leaves, chopped
1 tsp. lemon rind, finely chopped
2 tsp. green or black olives, chopped
4 (6-ounce) Wild Alaskan salmon fillet

Directions

Preheat oven to 400*. Heat olive oil in a small sauté pan and sauté the sliced almonds until lightly toasted.

Remove from heat and stir in bread crumbs, thyme, lemon rind and olives.

Line a baking sheet with parchment paper and place salmon skin-side down in the pan.

Lightly press 1/4 of the bread crumb mixture on the top surface of each salmon fillet.

Bake the salmon for 15-20 minutes or until fish flakes easily when tested with a fork.

Serves 4

Source: www.ladonnarose.com



NUTRIENT BENEFITS OF SALMON

Omega 3: Essential fatty acid our body needs for brain and heart health. It also helps our body fight inflammation.

Protein: Promotes healing and decreases muscle loss.

Vitamin D: Aids in bone health and immune response.



Wild salmon is more heart healthy than farmed salmon because it has less saturated fat, a better omega 3:6 ratio, and more magnesium.