

Almond-Crusted Salmon

Wild-caught salmon is a wonderful source of protein, coming in at 25 grams for a 4 oz serving. It also provides high levels of vitamins and minerals such as vitamin B12, vitamin B6, selenium, and phosphorus. However, the main reason health experts love salmon is its high amounts of omega-3 fatty acids. Omega-3 fatty acids lower inflammation, lower blood pressure, and decrease risk factors for certain diseases. Consuming two servings of salmon per week can help you meet the recommended intake of omega-3 fatty acids.

Ingredients

- 3/4 cup whole almonds
- 1/3 cup Dijon mustard
- 3 tbsp raw honey
- 6 (4oz.) wild salmon fillets
- 2 tbsps coconut oil
- 3 bunches Swiss chard, chopped
- 1/2 tsp salt



Directions:

1. Preheat oven to 350 F and line a baking sheet with parchment paper.
2. Place the almonds into a food processor and pulse into a fine consistency.
3. In a small bowl, stir together the Dijon mustard and honey.
4. Place the salmon fillets on the prepared sheet and brush each fillet with the honey-Dijon mixture.
5. Sprinkle each fillet with 3 tbsps of almond meal and gently press into the fillet.
6. Place the salmon in the preheated oven and bake for 15 - 20 minutes or until flesh is opaque.