

# Pecan Crusted Wild Salmon

## Ingredients

1 1/2 lbs Salmon Fillet, Wild Salmon if available  
2 tbsp Dijon-Style Mustard  
2 tbsp Butter, melted  
1/4 cup Honey  
1/4 cup Bread Crumbs  
2 tbsp finely chopped Pecans or Walnuts  
Chopped Parsley

## Directions

Heat oven to 400° F. Blend mustard, butter & honey in small bowl. Set aside.

Mix bread crumbs, pecans & parsley in another small bowl. Set aside. Season salmon with salt & pepper. Place on baking sheet. Spray with non-stick cooking spray to prevent sticking.

Brush salmon with mustard-honey mixture. Pat bread crumb mixture onto top surface of salmon. Bake for 10 minutes per inch of thickness. Salmon is done when flakes easily with a fork.

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