

Walnut Crusted Salmon with Avocado

Yield: 6 servings

Gluten-free

RECIPE CUSTOMIZATION

To make dairy-free, swap cheese with dairy-free alternative

To make it low-FODMAP, avocado may be tolerated in small amounts

Ingredients

1 cup gluten-free panko
1 cup walnuts, chopped
½ cup parmesan, finely grated
2 Tbsp olive oil
2 Tbsp horseradish, freshly grated
1 Tbsp Dijon mustard
1 Tbsp fresh dill, roughly chopped
1 Tbsp fresh chives, roughly chopped
2 tsp lemon zest
½ tsp salt, kosher
6 (4 oz) salmon fillets, skin removed
1 avocado, cut into strips
Pan spray

Directions

1. Preheat the oven to 425°F.
2. Place panko (1 cup), walnuts (1 cup), parmesan (½ cup), half of the olive oil (2 Tbsp), horseradish (2 Tbsp), Dijon mustard (1 Tbsp), dill (1 Tbsp), chives (1 Tbsp), lemon zest (2 tsp), and salt (½ tsp) in the bowl of a food processor. Tap the pulse button 4–5 times to roughly chop and incorporate all ingredients. It should look like a coarse-ground breadcrumb.
3. Place salmon fillets (4 oz) on a baking sheet, making sure they are not touching one another. Drizzle remaining olive oil (2 Tbsp) over the fish fillets, and sprinkle with salt.
4. Evenly sprinkle the walnut topping over the top of the fillets, and lightly press to help it stick to the fish.
5. Place in the preheated oven, and roast for 10–12 minutes or until the fish flakes easily and is cooked through.



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Nutrition Facts

Serving size 1 (4.1oz)

Amount Per Serving **116g**

Calories **331**

% Daily Value

Total Fat 23.1g **36%**

Saturated Fat 4g **20%**

Cholesterol 22mg **7%**

Sodium 560mg **23%**

Total Carbohydrate 20g **7%**

Dietary Fiber 4g **17%**

Sugars 2g

Protein 14g **27%**

Vitamin A **4%**

Vitamin C **10%**

Calcium **13%**

Iron **10%**