

Easy Pecan-Crusted Honey-Mustard Salmon to serve 4

(Also great on Grouper, Amber jack or other firm fish.)

INGREDIENTS

Four 5-6 oz. Salmon fillets

1/8 tsp salt

1/8 tsp ground black pepper

2 Tbsp Dijon mustard

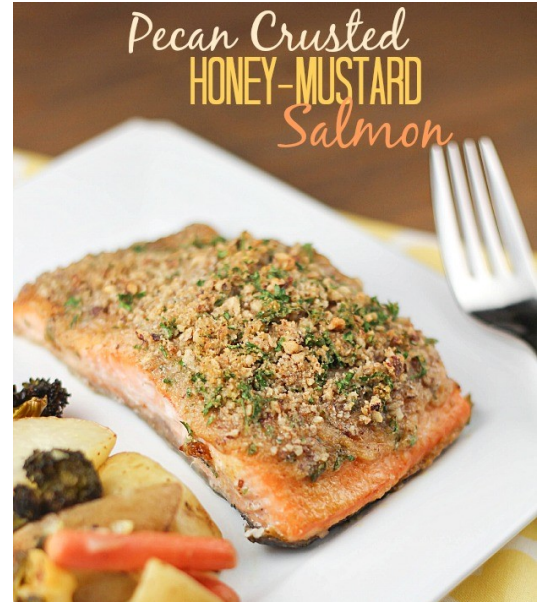
2 Tbsp butter, melted

1/2 c finely chopped Pecans

1 1/2 Tbsp “Agave5” or “Vita-Fiber” or “Fiber-Yum” syrup

2 tsp chopped fresh parsley

Garnishes: Fresh Parsley sprigs and lemon slices



EASY 5-STEP DIRECTIONS

1. Spray 13 x 9 x 2 baking pan with non-stick cooking spray.
2. Sprinkle fish with salt & pepper, and place fillets (skin side down) in pan.
3. Combine mustard, butter and agave syrup in bowl, then brush on top of fillets.
4. Combine pecans and chopped parsley in a bowl, then spread evenly over fillets.
5. Bake at 450° for 10 minutes or until fish flakes easily.

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Nutrition Facts	
Serving Size 68 g	
Amount Per Serving	
Calories 228	Calories from Fat 161
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 37mg	12%
Sodium 106mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	6%
Sugars 3g	
Protein 12g	