

Healthy You Recipe Challenge - Class 4

Fish is a great lean protein option that supports a heart healthy lifestyle and will also help your body to recover after physical activity!

Panko-crusted Salmon Recipe

(SimplyRecipes.com)

Makes 4 servings

Ingredients:

- 4 tsp olive oil
- 4 pieces thickly cut boneless salmon (each 6 oz.)
- 2 tbsp honey mustard or sweet-hot mustard
- 2 tsp chopped fresh thyme
- 2/3 cup panko bread crumbs
- 2 tbsp chopped fresh Italian parsley
- 1/2 tsp Hungarian sweet paprika
- Salt and pepper to taste



Instructions:

1. Preheat the oven to 400°F (convection or regular). Set the salmon on a foil-lined baking sheet skin side down. Sprinkle with salt and pepper.
2. In a small bowl, combine the honey mustard and 1 teaspoon of the thyme. In another small bowl, mix the panko with the remaining 1 teaspoon of thyme, 4 teaspoons of olive oil, parsley, and paprika. Add salt and pepper (a light sprinkle).
3. Using a small spoon spread the mustard mixture on the salmon; top with the bread crumb mixture.
4. Roast the salmon for 12-14 minutes (test at 10) or until it is almost completely firm to the touch and flakes when poked with a fork. Serve at once.

Nutrients per serving (1 piece of salmon)	
Calories (kcal)	120
Fat (g)	6
Saturated Fat (g)	0.9
Trans Fat (g)	0
Sodium (mg)	234
Carbohydrates (g)	14
Fibre (g)	1
Sugar (g)	1
Protein (g)	3



Hamilton Family Health Team

NUTRITION