

Walnut Encrusted Salmon with Orange Avocado Salsa

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

For the salmon

4 salmon fillets
2 tablespoons Dijon mustard
½ cup walnuts
2 teaspoons lemon zest
Salt and black pepper, to taste

For the salsa

1-2 avocados, diced
2-3 oranges, segmented
½ cup red onion, chopped
1 tablespoon lime juice
Salt and black pepper, to taste

Method of Preparation:

1. Preheat oven to 300 degrees. Pat dry salmon fillets. Brush lightly with Dijon mustard.
2. In a food processor, pulse walnuts until finely chopped. Combine with lemon zest, salt and pepper. Coat salmon fillets evenly with walnut mixture. Bake about 10 minutes.
3. For the salsa: In a medium bowl, lightly toss avocados, orange, red onion and lime juice. Season to taste.
4. Serve salmon fillet with orange avocado salsa.



Photo credit: Edward Lynch '20,
Stephen Spencer, Advisor,
JWU Student Food Photography Club

Nutritional Analysis:

Calories: 490
Carbohydrates: 13 g
Sodium: 260 mg
Protein: 38 g
Fat: 31 g
Fiber: 6 g

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