

Almond Crusted Rosemary Salmon

Ingredients:

- 4 6-8 oz salmon fillets
- 4 teaspoons Dijon mustard
- 2 cloves garlic, minced
- Juice from half a lemon
- 1 TBS chopped fresh rosemary OR can sub 1 tsp dry rosemary
- 2 TBS honey
- ½ teaspoon kosher salt
- ½ cup panko bread crumbs
- 2 TBS almond flour
- 1 tsp paprika
- ½ tsp garlic powder

Directions

1. Preheat oven to 400°
2. Line the baking dish with parchment paper. Lay salmon skin side down in the dish. Dry the salmon fillets with a paper towel.
3. Mix together mustard, garlic, lemon juice, rosemary and honey in a small bowl. Spread evenly over each filet.
4. Mix together almond flour, breadcrumbs, paprika, garlic powder and salt in a small bowl. Sprinkle mixture over each filet and press gently to help it adhere. Spray each generously with olive oil or avocado oil spray
5. Place on the middle rack of the oven for 10 minutes. Turn temperature to broil and place on the top rack for 3-4 minutes (watch carefully so it doesn't burn- your goal is to make the breadcrumbs crispy)
6. Remove and enjoy!

MADE WITH LOVE

by Teresa Forchard