



## Walnut Crusted Salmon

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### INGREDIENTS

- 3 x 5 ounce salmon fillets
- 1¼ cups finely chopped walnuts
- 4 tbsp dijon mustard
- 2 tbsp extra virgin olive oil
- 1 tbsp lemon zest
- 1 tbsp maple syrup
- ¼ tsp cayenne pepper
- 2 small sweet potatoes, peeled and thinly sliced into rounds
- 1 bunch asparagus, washed & ends trimmed
- 2 lemons, sliced

**Serving: 3**

### DIRECTIONS

1. Preheat oven to 400°F. Line a sheet pan with aluminum foil lightly brush with olive oil. Arrange asparagus and sweet potatoes onto baking sheet. Season lightly with salt and pepper. (You may need two baking sheets.) Make room on the tray for 3 fillets.
2. In a small bowl, add walnuts, lemon zest, maple syrup, and cayenne pepper. Brush each fillet of fish with the mustard mixture and press any loose walnuts into the fish lightly. Place the fish on the baking tray with the veggies.
3. Bake for 10-12 minutes or until the fish flakes with a fork and is cooked through.
4. Allow to rest for about 5 minutes, and then enjoy!