

Walnut Crusted Salmon with Asparagus

FAITH AND HOPE WELLNESS ASSOCIATES

Hi! I'm Erin Donley a Nutritional Therapy Practitioner. I work with women to optimize their cycles so they can live PMS free.

This recipe is chocked full of healthy fats and protein to help balance the 2 main female hormones, estrogen and progesterone. Enjoy!

Walnut Crusted Salmon with Asparagus

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1/4 cup Walnuts (very finely chopped)
- 1 stalk Green Onion (very finely chopped)
- 1/4 tsp Sea Salt
- 1/2 tsp Italian Seasoning
- 1/2 tsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil (divided)
- 8 ozs Salmon Fillet
- 2 cups Asparagus (trimmed)

NUTRITION

AMOUNT PER SERVING

Calories	347	Cholesterol	62mg
Fat	24g	Sodium	349mg
Carbs	8g	Vitamin A	1298IU
Fiber	4g	Vitamin C	9mg
Sugar	3g	Calcium	64mg
Protein	28g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Combine the walnuts, green onion, salt and Italian seasoning. Add the lemon juice and 1/3 of the oil and stir to mix.
- 03 Rub another 1/3 of the oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 04 Toss the asparagus in the remaining oil and season with sea salt to taste. Place the seasoned asparagus in an even layer on the baking sheet with the salmon
- 05 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily and asparagus is tender. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

NO GREEN ONION

Use yellow or red onion instead.

SALMON

Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.

ASPARAGUS

Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.