

Dinner

# Pistachio-Crusted Salmon

Side Effect: Weight Loss/ Loss of Appetite

**5-7 Mins**  
Prep Time

**15 Mins**  
Cook Time

**4**  
Servings

**302 Calories** **17g Fat** **2g Carbs** **37g Protein**



## Ingredients

**4 Servings** • **6 Oz Fillet Serving Size**

**22 Mins Total Time**

**Allergens: Nuts, Fish**

**¼ Cup** Salted Pistachios, finely chopped

**2 Tsp** Grainy Dijon Mustard

**1 Tsp** Lemon Zest, **wash lemon before zesting**

**1 ½ lbs** Skin-on Salmon Fillet 

Salt and Pepper, to taste

### Allergen Swap

**Nuts** Omit pistachios and use sunflower seeds

**Fish** Topping can be used on chicken or slices of tofu

### Nourishment Note



#### **Salmon**

Salmon is rich in inflammation-lowering omega-3 fatty acids and protein. The protein in salmon can help to maintain lean body mass, which can decrease during cancer treatment.

## Instructions

### 1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

### 2. Preheat Oven

Preheat oven to 450° F.

### 3. Combine Ingredients

Stir together pistachios, mustard, and lemon zest in a small bowl.

### 4. Season Salmon

Place salmon, skin side down, on a foil-lined baking sheet. Sprinkle with salt and pepper. Spoon pistachio mixture on top of salmon; pat into an even layer.

### 5. Bake

Place in preheated oven and bake until salmon is cooked through and easily flakes with a fork, about 15 minutes. Plate and enjoy!

### 6. Wash Hands

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: [cookinglight.com](http://cookinglight.com)

## What You'll Need



Measuring Cups



Measuring Spoons



Small Mixing Bowl



Spoon



Baking Sheet



Aluminum Foil

### Fatigue Buster

- Use a mini-food processor to chop pistachios.