

Walnut Encrusted Salmon

4 4-oz salmon fillets
¼ cup walnuts
1 Tablespoon apple butter
1 Tablespoon Dijon mustard
¼ tsp coarse black pepper
1 Tablespoon fresh thyme

Preheat oven to 450°F. Place walnuts on baking sheet and toast for 5 minutes until lightly browned. Remove immediately and place in food processor to finely chop walnuts. Combine apple butter, mustard, pepper and thyme in small bowl. Place salmon filets on baking dish and brush with apple butter mixture. Top with toasted walnuts and bake 14-15 minutes or until salmon flakes.

Serves 4.

Calories 220 Fat 12g Carbohydrate 4g Dietary Fiber 1g Protein 24g Sodium 140mg