

# Baked Salmon with No-Nut Pesto Crumbs

Portion Size: 1 each

Yield: 4

## Ingredients:

Breadcrumbs, Unseasoned	2 cups
No-Nut Pesto	4 TBSP
Salmon Fillet, Skin Removed	4 filets, 5 oz each
Cooking Spray	as needed

## Preparation:

1. Combine breadcrumbs and No-Nut Pesto until evenly coated.
2. Top each salmon filet with 2 oz (1/2 cup) of pesto crumbs. Place on sheet pan sprayed with oil spray.
3. Place in a 350°F oven until crumbs turn golden brown and salmon reaches a minimum internal temperature of 130°F.

Chef Note: Instead of pre-made breadcrumbs, break apart day-old bread into small pieces (for this recipe, use 4 cups). Pulse with pesto in food processor until evenly mixed and breadcrumb consistency.

RD Note: Use no-nut pesto to accommodate nut allergies.

## Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
400	29	23	1	2.5	20	4	330



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