



## *Baked Dijon Salmon*



### **Ingredients:**

- ¼ cup butter, melted
- 3 tablespoons Dijon mustard
- 1 ½ tablespoons honey
- ¼ cup dry bread crumbs
- ¼ cup finely chopped pecans
- 4 teaspoons chopped fresh parsley
- 4 (4 ounce) fillets salmon
- Salt and pepper to taste
- 1 lemon, for garnish

### **Method:**

1. Preheat oven to 400 degrees F.
2. In a small bowl, stir together butter, mustard, and honey. Set aside. In another bowl, mix together breadcrumbs, pecans, and parsley.
3. Brush each salmon fillet lightly with honey mustard mixture, and sprinkle the tops of the fillets with the breadcrumb mixture.
4. Bake salmon 12 to 15 minutes in the preheated oven, or until it flakes easily with a fork. Season with salt and pepper, and garnish with a wedge of lemon.