Baked Salmon
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This unique salmon dish both hearty and healthy. Salmon fillets are breaded and baked for a rich and comforting dish that is still full of healthy omega-3 fats and bursting with flavor.

Serve with roasted vegetables and couscous for a memorable and comforting winter meal.

Ingredients:

1 tablespoon olive oil
1 small yellow chopped onion
1/2 teaspoon dried minced garlic
Salt and Pepper to taste
1/2 cup herb seasoned bread crumbs
2 tablespoons mayonnaise
1 teaspoon mustard powder
2 salmon fillets

Directions:

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a baking sheet, and set aside.

2. heat oil in a skillet over medium-high heat. Add onions, garlic, salt and pepper and saute until onions are aromatic and tender.

3. In a medium mixing bowl combine bread crumbs, mustard powder, mayonnaise and sauteed onions. Mixture should reach a paste-like consistency. If necessary add more mayonnaise to achieve the proper consistency.

4. Place salmon fillets onto the greased baking sheet and slather with breadcrumb mixture. There should be approximately 1/4 inches of bread crumbs on each salmon fillet.

5. Bake for 10 minutes in the preheated oven, until salmon is easily cut with a fork, then broil for 5 minutes to crisp the top.

6. Serve immediately. Pairs well with roasted vegetables or fresh salad.