

# 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.