



Hemp Seed Crusted Salmon

2 servings
20 minutes

Ingredients

- 1/4 cup Hemp Seeds
- 2 tsps Italian Seasoning
- 1 tsp Nutritional Yeast
- 1/4 tsp Sea Salt
- 10 ozs Salmon Fillet
- 2 tbsps Dijon Mustard
- 1/2 Lemon (sliced into wedges)

Nutrition

Amount per serving	
Calories	335
Fat	19g
Saturated	2g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	35g
Cholesterol	78mg
Sodium	528mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a small mixing bowl combine the hemp seeds, Italian seasoning, nutritional yeast and salt.
- 3 Place the salmon fillets on the prepared baking sheet and pat dry with a paper towel. Smear the Dijon mustard evenly on to the top of the fillets.
- 4 Spoon the hemp seed mixture on top of the mustard coating and press down with the back of the spoon to ensure the hemp seeds stick to the fish. Bake for about 10-12 minutes or until fish is cooked through and flakey.
- 5 Serve with fresh lemon wedges and season with additional salt if needed. Enjoy!

Notes

SALMON FILLETS: One fillet is equal to about 5 ounces or 160 grams.

LIKE IT CRISPY?: Turn the oven to broil for the last one to two minutes of cooking for an extra crispy coating.

NO SALMON?: Use rainbow trout instead. This also works great on halibut!

NO HEMP?: Use crushed pistachios instead.

ABOUT NUTRITIONAL YEAST: Nutritional yeast flakes can be purchased at most health food or whole foods stores (usually in the bulk section) and may be one of the best additions to your diet in terms of nutrition and taste. It provides a wealth of vitamins, minerals and protein that almost anyone—from Paleo enthusiasts to vegans—can enjoy. Don't confuse nutritional yeast with baker's yeast, which is still active and could grow inside your stomach and deprive you of nutrients, or with brewer's yeast, which is inactive but distinctly bitter. What Are Nutritional Yeast Flakes? Nutritional yeast is sourced from whey, blackstrap molasses or wood pulp. It has a cheesy-type of flavor

and texture, making it a great addition to sprinkle dry on popcorn or to use in dishes such as this one. But if you don't have any, no worries - this recipe works great without it too!

HEART HEALTHY: The combination of salmon plus hemp seeds makes this dish a powerhouse of omega-3 fatty acids - which reduces plaque build up in arteries, decreases triglycerides, and supports cardiovascular health.