



Baked Dijon Salmon

INGREDIENTS

1/4 cup butter, melted
3 tablespoons Dijon mustard
1 1/2 tablespoons honey

1/4 cup dry bread crumbs
1/4 cup finely chopped pecans
4 teaspoons fresh chopped parsley
4 (4 ounce) fillets salmon

Salt and pepper to taste
1 lemon, for garnish

DIRECTIONS

- Preheat oven to 400 degrees F (200 degrees C).
- In a small bowl, stir together butter, mustard, and honey. Set aside. In another bowl, mix together bread crumbs, pecans, and parsley.
- Brush each salmon fillet lightly with honey mustard mixture, and sprinkle the tops of the fillets with the bread crumb mixture.
- 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.

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