



# Walnut-Encrusted Salmon

I serve Walnut-Encrusted Salmon for Christmas dinner every year. This very special dish can be started earlier in the day, then baked at the last minute. I guarantee your dinner guests will be impressed and their taste buds will be delighted.

## Ingredients:

- ½ cup walnut pieces
- 2 tablespoons crushed potato chips
- 2 tablespoons grated lemon zest
- 1 teaspoon dried dill
- 1 tablespoon olive oil
- 1 pound salmon filet
- 2 tablespoons country-style Dijon mustard
- 4 lemon wedges

## Procedure:

- Preheat the oven to 350°F.
- Grind the walnuts, potato chips, lemon zest, dill, and olive oil together in a food processor or blender until crumbly.
- Divide the salmon into four pieces and place them skin side down in a baking dish, with at least one inch of space between each piece. Spread mustard over the salmon. Spoon the crumb mixture over the filets and pat the crumbs down gently with a fork into a thick layer. Salt and pepper if desired.
- Bake for 15 minutes, or until fish flakes apart easily with a fork. Garnish with lemon wedges and serve immediately.

Serves: 4

This recipe is from the [Flavor without FODMAPs Cookbook](#) (2014, Pond Cove Press. It is provided courtesy of Patsy Catsos and GI Nutrition Inc. Visit us at [www.ibsfree.net](http://www.ibsfree.net).