Walnut & Flax Crusted Salmon

Yields: 2 servings  Serving Size: 1 serving (1 5-oz piece of salmon)

Nutritional Information (per serving):
Calories 504, Fat 31.8g, Carbohydrates 15.9g, Protein 38.3g

Ingredients
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\begin{align*}
\frac{1}{4} \text{ cup bran cereal} \\
2 \text{ tablespoons coconut flakes} \\
2 \text{ tablespoons walnuts} \\
2 \text{ tablespoons flaxseed} \\
10 \text{ ounces salmon} \\
2 \text{ teaspoons olive oil}
\end{align*}
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Directions
1. Preheat oven to 400F. Line a baking sheet with parchment paper and coat with cooking spray.
2. In a food processor, blend cereal, coconut, walnuts, and flaxseed together. Pour mixture into a shallow bowl.
3. Coat all sides of salmon with a walnut mixture and place on baking sheet.
4. Drizzle salmon with olive oil and bake for 12-15 minutes, until cooked through.

Omega-3 fatty acids can help lower your risk for heart disease. Some research suggests that they might also help ease seasonal allergy symptoms caused by inflammation. You can increase your omega-3’s by eating fish, like salmon. Walnuts and flaxseeds are other good sources.