

From Lisa's Kitchen: Pistachio-Crusted Salmon

This super-easy recipe is special enough to serve for company. Reap the anti-inflammatory benefits of the wild salmon, olive oil and pistachios. It's so delicious, you'll forget how healthy it is.

Pistachio-Crusted Salmon

Serves 4

Marinade

½ cup white wine

¼ cup lemon juice

2 tablespoons extra virgin olive oil

½ teaspoon dried thyme leaves

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

1 tablespoon extra virgin olive oil

4 (5 ounce) wild salmon fillets with the skin on

1 cup finely chopped pistachios

Preheat oven to 400°.

Mix marinade ingredients in a non-reactive bowl (glass, Pyrex). Add salmon, turn to coat and marinate for 10 minutes. After removing the salmon, reserve the marinade.

Heat 1 tablespoon olive oil on medium-high heat, in a large non-stick sauté pan. Sauté the fillets, skin-side up until seared, 2 – 4 minutes. Remove fillets and place on a foil-lined baking sheet, skin-side down. Lightly brush with marinade. Press chopped nuts on tops of fillets and spray with a little olive oil. Bake for 4 – 8 minutes, until salmon is cooked to desired doneness and crust is golden.