

Pistachio-Crusted Salmon with Lemon Cream Sauce

Ann Baker - Texarkana, TX
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Servings: 4

Preparation Time: 20 minutes

Bake Time: 15 minutes

4 6-ounce salmon fillets (1-inch thick)

1 teaspoon sea salt

1/2 teaspoon coarsely ground pepper

1/4 cup mayonnaise

1/2 cup pistachios, finely chopped

SAUCE

1 shallot, chopped

1 tablespoon olive oil

1 cup heavy whipping cream

2 teaspoons lemon peel, grated

1/4 teaspoon sea salt

1/8 teaspoon cayenne pepper

Preheat the oven to 375 degrees.

Place the fillets on a greased baking sheet. Sprinkle with salt and pepper.

Spread with the mayonnaise and sprinkle with the pistachios.

Bake for 15 to 20 minutes or until the fish flakes easily with a fork.

Meanwhile, in a small saucepan, cook and stir the shallot in oil over medium-high heat until tender.

Add the cream, lemon peel, salt and cayenne. Bring to a boil.

Reduce the heat. Simmer, uncovered, for about 5 to 7 minutes or until thickened, stirring occasionally.

Serve the sauce with the salmon.

Per Serving (excluding unknown items): 337 Calories; 37g Fat (95.5% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 86mg Cholesterol; 689mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 6 Fat.