

Simple Herb Crusted Salmon

INGREDIENTS:

For the Salmon

- 2 salmon fillets (6 oz. each)
- 1 heaping T coconut flour
- 2 T fresh parsley (or dried)
- 1 T olive oil
- 1 T Dijon mustard
- Salt and pepper, to taste

For the Salad

- 2 cups arugula
- ¼ red onion, sliced thin
- Juice of 1 lemon
- 1 T white wine vinegar
- 1 T olive oil
- Salt and pepper, to taste

PROCESS:

- Preheat oven to 450°F
- Place salmon fillets on a foiled lined baking sheet
- Top the salmon off with olive oil and Dijon mustard, rub into the salmon
- In a small bowl, mix together coconut flour, parsley, and salt and pepper
- Use a spoon to sprinkle the toppings on the salmon and then pat into the salmon
- Place in oven for 10-15 minutes or until salmon is cooked to your preference. (Medium rare is about 12 minutes)
- While the salmon is cooking, mix together the salad ingredients
- When the salmon is done, place salmon on top of the salad and enjoy!