

Macadamia & Parmesan Crusted Salmon



A delicious dinner's on the table in less than 30 minutes

Serves 4

6oz macadamia nuts

2 eggs, beaten

1/2c Parmesan cheese, grated

4 ~ 6oz salmon filets, skinned

1/8t cayenne pepper

non~stick cooking spray

Preheat oven to 400.

Place macadamia nuts in food processor and process until they are finely crushed. Pour nuts into bowl, add Parmesan cheese and cayenne. Mix well.

In medium bowl, beat eggs well.

Dip salmon filets in beaten egg, making sure to coat both sides of salmon. Dip salmon in macadamia nut mixture and coat both sides of salmon. Set salmon on plate and refrigerate 30 minutes to allow nut mixture to set.

Spray skillet with non~stick cooking spray and preheat to medium~high. Sear salmon on both sides and place on baking sheet.

Bake about 10 minutes or until salmon flakes easily with a fork.

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