

Almond-Chive Salmon



Ingredients:

- 1/4 cup sliced almonds
- 2 tablespoons chopped fresh chives
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon grated lemon rind
- 2 (1-ounce) slices white bread, torn
- 1/2 teaspoon salt, divided
- 4 (6-ounce) salmon fillets (about 1 inch thick)
- 1/4 teaspoon freshly ground black pepper
- Cooking spray
- 4 lemon wedges

Preheat oven to 400°.

Combine first 5 ingredients in a food processor; add 1/4 teaspoon salt. Process until finely chopped. Sprinkle salmon with the remaining 1/4 teaspoon salt and pepper. Top fillets evenly with breadcrumb mixture; press gently to adhere. Place fillets on a baking sheet coated with cooking spray.

Bake at 400° for 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Serve with lemon wedges.

**Almonds supply vitamin E, while salmon delivers a good amount of niacin. Vary the herbs according to your preference; try dill, thyme, or basil.