

Feta Crusted Salmon

chef Alyssa - Aldi Test Kitchen
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Servings: 4

*16 ounces wild caught
salmon fillets, thawed*
*5 ounces feta cheese
crumbles*
*1 tablespoon yellow
mustard*
1 teaspoon onion powder
1/2 teaspoon parsley flakes
1 teaspoon salt
1 teaspoon pepper
1/4 cup plain breadcrumbs
1 teaspoon olive oil

Preparation Time: 5 minutes**Cook Time: 15 minutes**

Preheat the oven to 375 degrees.

Place the salmon fillets on a parchment-lined baking sheet.

In a medium bowl, combine the feta cheese, yellow mustard, onion powder, parsley flakes, salt, pepper, breadcrumbs and olive oil. Mix well.

Divide the crust mixture evenly over the salmon fillets. Press the crust firmly onto the salmon.

Bake for 15 minutes or until the crust is golden brown and the fish is flaky.

Per Serving (excluding unknown items): 16 Calories; 1g Fat (69.3% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 580mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.