

Mustard Crusted Salmon with Green Beans

Chef Kates - Aldi Test Kitchen
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Servings: 4

*1 cup seasoned croutons
1/3 cup Reggiano
Parmesan cheese
1 tablespoon Italian
seasoning
2 tablespoons extra-virgin
olive oil, divided
16 ounces extra-fine green
beans
salt (to taste)
black pepper (to taste)
16 ounces wild caught
salmon, thawed
3 tablespoons Dijon
mustard
1 lemon, sliced into wedges*

Preparation Time: 10 minutes

Cook Time: 20 minutes

Preheat the oven to 400 degrees.

Place the croutons in a food processor. Pulse to form large, coarse crumbs. Add the Parmesan cheese, Italian seasoning and one tablespoon olive oil. Pulse gently to combine. The mixture should be coarse and crunchy.

Place the frozen green beans on a baking sheet and season with salt and pepper to taste. Spread the Dijon mustard evenly covering each piece of salmon. Top the mustard with the breadcrumb mixture.

Roast the salmon fillets for 10 to 15 minutes or until cooked through and the topping is crunchy and golden brown.

Serve the salmon with the green beans and lemon wedges.

TIP:

Place the green beans in the oven to begin roasting before you finish topping the salmon fillets and dinner will be on the table in no time.

Per Serving (excluding unknown items): 120 Calories; 9g Fat (65.3% calories from fat); 2g Protein; 9g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 265mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 Fat; 0 Other Carbohydrates.