



Pepita Oat-Crusted Salmon with Herbed Yogurt Dip

4 Servings • 1 Serving = 1 Piece of Salmon

INGREDIENTS

- Drizzle of olive oil
- ¼ cup pepitas (pumpkin seeds)
- ¼ cup rolled oats
- 1 clove garlic
- ½ teaspoon paprika
- 2 Tablespoons and 1 teaspoon dried dill, 1 teaspoon divided
- Pinch of salt and pepper
- 4 - 4 ounce salmon filets
- 1 lemon
- 1 cup plain non-fat Greek yogurt
- 2 Tablespoons dried parsley
- 2 Tablespoons dried chives

DIRECTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment paper or aluminum foil. Spread a little olive oil on the sheet.
2. In a food processor, combine the pepitas, rolled oats, garlic clove, paprika, 1 teaspoon dill, salt, and pepper. Pulse until crumbly.
3. Place salmon on the baking sheet. Pat dry with a paper towel. Spread the pepita-oat mixture on top of the salmon filets, pressing down gently.
4. Bake for 8-10 minutes or until fish is cooked. The salmon should easily flake off with a fork when done.
5. Cut lemon into wedges and squeeze desired amount over the salmon before serving.
6. To make the herbed yogurt dip, combine the plain Greek yogurt with the dried parsley, chives, remaining dill, and a pinch of salt.
7. Dollop on top of salmon or serve on the side.

Nutrition Facts	
4 servings per container	
Serving size 1 Filet of Salmon (197g)	
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 4.5g	23%
Trans Fat 0g	—
Cholesterol 65mg	22%
Sodium 262mg	11%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 2g	—
Includes 0g Added Sugars	0%
Protein 33g	—
Vitamin D 12mcg	60%
Calcium 129mg	10%
Iron 3mg	15%
Potassium 628mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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