



Pepita-Oat Crusted Salmon with Herbed Yogurt Dip

4 Servings • 1 Serving = 1 Filet

Tips on Salmon



How To Store

Unopened dry oatmeal should be stored in a cool, clean & dry place.



How To Use

Baked, roasted, or grilled Salmon preserves flavor & nutrients.



Health Benefits

Rich in B vitamins, Vitamin D, Potassium & minerals.

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

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

Nutrition Facts	
4 servings per container	
Serving size	1 Filet (113g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 120mg	5%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 3mcg	15%
Calcium 109mg	8%
Iron 2mg	10%
Potassium 321mg	6%
*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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