

## Walnut and Oat-Crusted Salmon

### Ingredients

2 salmon fillets (6 ounces each), skin removed  
1/4 teaspoon salt  
1/4 teaspoon pepper  
3 tablespoons quick-cooking oats, crushed  
3 tablespoons finely chopped walnuts  
2 tablespoons olive oil

### Directions

Preheat oven to 400°. Place salmon on a baking sheet; sprinkle with salt and pepper. Combine remaining ingredients; press onto salmon. Bake until fish just begins to flake easily with a fork, 12-15 minutes.

### Test Kitchen tips

Oatmeal's complex carbohydrates help your body release serotonin and improve your mood. When you're shopping, buy wild-caught salmon if it's available. It has a significantly higher vitamin D content than farm-raised salmon.

Salmon is loaded with omega-3 fatty acids, which can help reduce your risk of depression.

### Nutrition Facts

1 fillet: 484 calories, 37g fat (6g saturated fat), 85mg cholesterol, 381mg sodium, 7g carbohydrate (0 sugars, 2g fiber), 32g protein. Diabetic exchanges: 5 lean meat, 3 fat, 1/2 starch.

<https://www.tasteofhome.com/recipes/walnut-and-oat-crusted-salmon/>

