



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Honey Mustard Pecan Encrusted Salmon*

Serving size: 4-ounce salmon fillet

### **Ingredients:**

12, 4-ounce salmon fillets (wild-caught)  
1 cup pecans (finely chopped)  
¼ cup stone ground mustard  
¼ cup honey (raw, local preferred)  
1 tsp paprika  
Salt and pepper to taste



### **Directions:**

1. Preheat oven to 400 degrees F. Cover baking sheet with tin foil.
2. Place salmon skin-side down on baking sheet.
3. In a small bowl mix mustard, paprika, and honey. Evenly pour over each salmon fillet using your hands to rub marinade on all sides of salmon.
4. Evenly distribute chopped pecans on top of each salmon fillet. Using your fingers, gently press the mixture into the salmon.
5. Bake for 10-12 minutes, or until the salmon has reached 145 degrees F internal temperature.

### **Nutrition Tips:**

1. 5 ingredients and 15 minutes is all it takes to make this delicious and nutritious salmon.
2. Wild salmon is a great source of omega-3 fatty acids that support brain health and which may help both mood and anxiety.

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.