

Pistachio Lime Baked Salmon

Ingredients:

- 6 salmon fillets (6 ounces each)
- 1 cup pistachio nuts, chopped
- 1/2 cup packed dark brown sugar
- 1 lime juiced
- 1 1/2 tsp. dill weed
- 1 1/2 tsp. pepper

Directions:

1. Place the salmon in a 9×13 sprayed baking dish. (Usually I rinse the fillets first.)
Pat salmon fillets with paper towel to remove any excess water.
2. Combine the rest of the ingredients in a small bowl. Spoon over the salmon.
3. Bake at 425 for 12-15 minutes or until the fish is done.
4. Don't overcook the salmon. Use the back of a spatula to press down on the salmon to feel if it's cooked. If the spongy feeling is gone, and the salmon is firm, then it is cooked! Another factoid is when you see the white Omega three fats coming up through the filet, then remove and let your fish rest for 3 or 4 minutes and serve.
5. Remove from the oven immediately and serve.

Yield: 6 servings