

Pistachio-Crusted Salmon with Lemon Cream Sauce

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Adapted from Taste of Home Magazine

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:62fff55c1b7c231aef433d2e>

Salmon

- 4 6oz Salmon Filets
- 1 tsp sea salt
- 1/2 tsp coarsely ground pepper
- 1/4 cup mayo
- 1/2 cup finely chopped pistachios

Sauce

- 1 shallot, chopped
- 1 tsp olive oil
- 1 cup fat free half and half
- 2 tsp grated lemon peel
- 1/4 tsp sea salt
- 1/8 tsp cayenne pepper

1. Preheat oven to 375
2. Place salmon on a greased baking sheet; sprinkle with salt and pepper. Spread with mayonnaise and sprinkle with pistachios
3. Bake at 375 for 15-20 minutes or until fish flakes easily with a fork
4. Meanwhile, in a small saucepan, cook and stir shallot in oil over medium high heat until tender. Add half and half and lemon peel, salt and cayenne; bring to a boil. Reduce heat; simmer, uncovered for 5-7 minutes or until thickened, stirring occasionally. Serve with salmon.

Main Course

Fish

salmon