

## Panko Crusted Salmon

### *Ingredients:*

4 pieces thickly cut,  
boneless salmon (each 6 oz)  
Salt and pepper to taste  
2 T honey mustard or  
sweet-hot mustard  
2 tsp chopped fresh thyme  
2/3 c panko bread crumbs  
4 tsp olive oil  
2 T chopped Italian parsley  
½ tsp paprika

### *Preparation:*

400°  
Place salmon on foil-lined baking  
sheet skin side down. Sprinkle  
with salt and pepper.

In small bowl, combine honey  
mustard and 1 tsp of thyme. In  
another small bowl, mix panko  
with remaining 1 tsp of thyme,  
olive oil, parsley and paprika. Salt and pepper (a light sprinkle).  
Using a small spoon, spread mustard mixture on salmon; top with  
bread crumb mixture.

Bake salmon for 12-14 minutes (test at 10) or until  
it flakes when poked with a fork. Serve  
immediately. Serves 4.

