

SALMON NUGGETS

Ingredients

- 1 lb salmon fillets, sliced 1" thick pieces, skinned
- ½ c all-purpose flour
- ½ tsp sea salt
- ¼ tsp ground black pepper
- 3 eggs
- 1 c grated parmesan cheese
- 1 c Panko bread crumbs

Instructions

- Preheat oven to 450 degrees
- Rinse the salmon fillet and pat dry with paper towels. Slice it 1" thick pieces. ½" square
- Place flour in a medium bowl and season with salt & pepper
- Place eggs in another bowl and beat until frothy, about 30 seconds. Combine parmesan and bread crumbs in a third bowl
- Coat salmon pieces in the seasoned flour and pat to remove any excess flour. Dip the floured salmon in the eggs and then into the parmesan mixture, gently pressing the mixture into the fish. Place the breaded salmon pieces on a parchment paper or silicone lined baking sheet. Drizzle lightly with olive oil. Bake for 15-20 min. until golden brown

4-6 servings

Gluten-Free if you use gluten free bread crumbs

Visit 360fit.biz for more recipes & look for me on facebook @360fit.julia