

# Walnut Crusted Salmon

*Yields: 6 servings*

## Ingredients:

- ¾ C walnut pieces
- ¼ C butter
- 8 tsp bread crumbs
- 1 ½ Tbsp chives, chopped
- Salt and pepper, pinch
- 6-4oz salmon filets

## Directions:

1. Process walnuts and butter in a food processor until finely ground. Add bread crumbs and chives, and process until blended. Cover and refrigerate for at least 2 hours.
2. Season salmon with salt and pepper, and place on a nonstick baking pan. Press 2-3 tablespoons of crust mixture in a thin layer over each salmon filet.
3. Preheat oven to 400°F. Bake salmon for 15-18 minutes until crust has lightly browned.

# Dark Chocolate Raspberry Oatmeal

*Yields: 1 serving*

## Ingredients:

- ½ C old-fashioned oatmeal
- 1-1 ½ cups low-fat or fat-free milk
- ½ Tbsp cocoa powder
- 1 tsp sugar
- ½ cup raspberries

## Directions:

In a saucepan over medium-high heat, combine oats, milk, cocoa powder and sugar. Let simmer until oats have absorbed liquid. Remove from heat. Add raspberries. Enjoy!