

Paleo Herb Crusted Salmon, Cod or Tilapia

This recipe is for one or two salmon, tilapia or cod filets. Fish should be no more than an inch thick. If you have thicker fish, just slice it into thinner pieces so it doesn't take too long to cook.

Mix the following breading:

2 T. Almond meal or coconut meal (meal is optional!)

¼ t. Tarragon

¼ t. Thyme

¼ t. Dried Mustard

¼ t. Garlic Powder

Pat the fish dry with paper towel. Roll fish in the spice mixture, patting the left over crumbs onto each piece of fish. Bake in toaster oven at 325 for 18 to 25 minutes until fish is flakey.

You might try other herbs, or leave out some herbs or even leave out the bread crumbs. Try changing the quantities of herbs.

I really think that the garlic and tarragon are what makes this so tasty. I'm not sure what the mustard does to it. And it turns out just fine without the coconut or almond meal.

If you're not on the Paleo diet, you can use Panko bread crumbs in place of the meal. Panko crumbs are very finely ground crumbs that come in a canister with a shaker top. They're usually next to the spices in the grocery store.