

# Pan-seared Filets in a Mushroom Crust

Recipe courtesy of Susan Brooking, Culinary Educator

1 oz. dried wild mushrooms  
2 6 oz. salmon filets  
salt and pepper to taste  
1 T. grapeseed oil

1. In an electric spice (coffee) grinder or mortar and pestle, pulverize the dried mushroom. Put the powder onto a plate.
2. Pat the salmon filets dry and dredge in the mushroom powder, coating well and then shaking off excess.
3. Preheat a 10-12" non-stick sauté pan over medium-high heat. Add the grapeseed oil and heat until oil ripples. Add the salmon fillets and cook 2-3 minutes. Turn and cook for an additional 2-3 minutes. Remove to serving plates. Serves 2.

Calories: 299; Fat: 11g; Protein: 45g; Carbohydrates: 2g; Chol: 118mg; Dietary fiber: trace; Sodium: 388mg