



# Garlic-Parmesan Salmon

## INGREDIENTS

- 1 lb salmon
- 1/8 cup grated parmesan
- 1/8 cup Panko breadcrumbs
- 1/8 cup seasoned breadcrumbs
- 1/2 tsp Italian seasoning
- 1 Tbsp light butter, melted
- 1 Tbsp minced garlic

### NUTRITION FACTS

Serves: 3  
Amount Per Serving:

- Calories 290
- Total Fat 15 g
- Saturated Fat 4 g
- Cholesterol 76 mg
- Sodium 149 mg
- Carbohydrate 5 g
- Dietary Fiber 0 g
- Sugars 0 g
- Protein 33 g
- myWW Blue: 2
- myWW Purple: 2
- myWW Green: 10 if using farmed,  
• and 6 if using wild-caught

## DIRECTIONS

### AIR FRYER INSTRUCTIONS

1. Preheat air fryer for approximately three minutes on 400 degrees.
2. Combine parmesan, both breadcrumbs, and Italian seasoning in a bowl.
3. In another bowl, combine melted butter and garlic. Add to the breadcrumb mixture and stir well.
4. Pat salmon dry with paper towel.
5. Top salmon evenly with topping, pressing the topping gently onto salmon.
6. Spritz air fryer basket with olive oil.
7. Place salmon, skin side down, in the basket, and spritz top of salmon with olive oil.
8. Air fry for 10 to 12 minutes, depending on the thickness of fish.

### OVEN INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Line baking sheet with parchment paper or aluminum foil sprayed with cooking spray.
3. Follow steps #2 through #5 above.
4. Place salmon on prepared tray.
5. Bake in a 400-degree oven for 12 to 15 minutes.

This recipe can be found at:

<https://planningushealthy.com/garlic-parmesan-salmon>

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