

## Pine Nut-crushed Pacific Salmon

½ cup finely chopped pine nuts  
¾ teaspoon salt, divided  
½ teaspoon white pepper, divided  
6 (7-ounce) skinless salmon fillets  
Olive oil-flavored cooking spray  
1 tablespoon olive oil  
Wilted Escarole  
Basil Oil

Combine pine nuts, ½ teaspoon salt, and ¼ teaspoon white pepper. Sprinkle 1 tablespoon nut mixture over each fillet. Coat with cooking spray.

Heat olive oil in a large heavy skillet coated with cooking spray over medium-high heat. Place half of fillets, nut side down, in skillet. Cook 3 minutes or until nuts are lightly browned. Remove from skillet. Place salmon, nut side up, in a 15 x 10-inch jelly roll pan coated with cooking spray. Repeat with remaining fillets. Sprinkle fillets with remaining ¼ teaspoon salt and ¼ teaspoon white pepper. Bake at 400 degree for 11 minutes or until fish flakes with a fork. Serve over Wilted Escarole. Drizzle with Basil Oil.  
Make 6 servings

*\*As seen in Costal Living, October 2003*