

# BAKED SALMON WITH RITZ CRACKER TOPPING



## INGREDIENTS

3 ounces (85 grams) Atlantic salmon  
¼ dash salt  
1 ¼ tablespoons unsalted butter  
8 ½ Ritz or Ritz-style crackers (28 grams)  
¼ lemon (raw, with peel) (27 grams)

## PREPARATION

Preheat the oven to 350 degrees F. Grease a small baking pan or casserole pan with butter or a little oil.

Rinse off the fish fillet with cold water, pat dry. Use long-nose pliers to remove any pin bones. Place the fillet at the bottom of the pan, skin side down; sprinkle with salt.

Melt the butter. Crush the Ritz crackers in a bowl; they should look like coarse breadcrumbs. Mix the melted butter with the breadcrumbs. Pack the crumb mixture over the top and sides of the fish fillets.

Place in the oven and bake for 20 minutes, or until the fish flakes easily. (Thin fillets may take less time, very thick fillets may take longer.)

Serve with lemon and enjoy!

**Makes:** 1 servings

### **Nutrition Information:**

Calories: 391, Carbs: 20.7g,  
Fats: 26.4g, Protein: 19.4g,  
Fiber: 1.9g, Sodium: 326mg,  
Cholesterol: 85mg

