

PESTO CRUSTED SALMON



INGREDIENTS

- 3 salmon filet
- 3 tbsp of basil pesto
- 2 tbsp of breadcrumbs
- 1 cup of green beans

INSTRUCTIONS

1. Spread pesto on top of salmon
2. Sprinkle breadcrumbs on top of salmon
3. Put into air fryer (or oven) at 400 F for 10 minutes
4. Wash green beans thoroughly
5. Heat up a pot of water until boil
6. Boil green beans for about 4-6 minutes
7. Season green beans with salt and pepper
8. Take salmon out of the air fryer (or oven)
9. Enjoy!



NUTRITION FACTS

Serving Size: 1

Number of Servings: 3

Calories	173
Total fat	4.1 g
Saturated fat	0.8 g
Cholesterol	46 mg
Sodium	232 mg
Total carbohydrates	10.5 g
Dietary fiber	2.5 g
Sugar	1.2 g
Protein	27.2 g
Vitamin D	0 mcg
Calcium	69 mg
Iron	2 mg
Potassium	128 mg

