



## Falafel Crusted Salmon

### Ingredients:

1 1/2 cup cooked chickpeas  
1/4 cup cilantro, chopped  
2 tsp. salt  
2 tsp. onion powder  
2 tsp. garlic powder  
1 tbsp. jalapeno, minced  
1/2 cup panko breadcrumbs  
2 tsp. cumin powder  
1 egg  
4, 7-oz. salmon filets  
3 tbsp. extra-light olive oil

### Directions:

Preheat the oven to 350 degrees.

In a food processor, place the chickpeas, cilantro, salt, onion powder, garlic powder, jalapeno, panko, cumin, and egg.

Combine until the mixture is finely chopped and well mixed.

On a clean sheet pan, place a sheet of parchment paper and place the mixture on top.

Cover with another piece of parchment paper and role the mixture using a rolling pin, so that the mixture is tightly packed about 1/4-inch thick.

Gently place the four pieces of the fish fillet on the parchment paper and using a sharp knife, "sketch" the shape of the fillets.

Remove the sketch of the crust, peel off the top layer of the parchment

paper, and place mixture on top of the corresponding salmon filet.

Remove the parchment paper and set the filet aside.

Heat three tablespoons of oil in a non stick pan on high heat and sear the salmon fillet with the crust-side down for two minutes, until golden brown.

Using a fish spatula, gently flip the fillet and remove from fire.

Finish the salmon fillets in the oven for four to five minutes or until desired temperature.

\*Serve this dish with the Arugula and Fennel Salad or the Cobb Salad.