

Pecan-Crusted Salmon

4 Salmon fillets (about 6 ounces each)
2 Cups Milk
1 Cup finely chopped pecans
½ Cup all-purpose flour
¼ Cup packed brown sugar
2 teaspoons seasoned salt
2 teaspoons pepper
3 tablespoons vegetable oil

- Place salmon fillets in a large zip-lock bag; add milk. Let stand for 10 minutes; drain.
- In a shallow bowl, combine the pecans, flour, brown sugar, seasoned salt and pepper.
- Coat fillets with pecan mixture, gently pressing into the fish.
- In a large skillet, brown salmon in oil over medium-high heat.
- Transfer to a baking sheet. Bake at 400 degrees for 8-10 minutes or until fish flakes easily with a fork.