

## Kasha Crusted Salmon

- 1.5 lb salmon filet (24 ounces)
- kosher salt and freshly ground pepper
- 1 T Dijon mustard (or more for stronger flavour)
- 1/3 c [medium coarse uncooked kasha](#)
- lemon wedges, as garnish

Preheat oven to 400F.

Lay salmon on a baking pan covered with parchment paper. Blot salmon with paper towel. Brush Dijon mustard over the top. Sprinkle with salt and pepper. Use a small measuring cup to slowly sprinkle kasha evenly over the salmon in one layer, covering all the Dijon mustard. Bake for 10 minutes. Serve garnished with lemon wedges. Serves 6. **Kasha Crusted Salmon** doesn't need more embellishment but it's amazing served hot or cold with **Sauce Verte**.

## Sauce Verte

- 1 1/2 c Greek yogurt
- 3 scallions, sliced
- 1 c parsley leaves
- 1 lemon, zest and juice
- 1 T capers
- 1-2 T mayonnaise
- sea salt and freshly ground pepper to taste

Chop all the greens until finely minced in a food processor or by hand. Yogurt, lemon, mayonnaise and seasonings are blended into the greens.

**Jittery Cook**