

# Easy Baked Salmon (or Chicken)

Life with Sally - Brandee Knowles

## Ingredients:

1/2 to 1 Tablespoon Light Brown Sugar  
1/2 tsp Paprika  
1/2 tsp Garlic Powder  
1/4 tsp Cayenne Pepper  
1/2 tsp Salt and Pepper  
1/2 cup Panko Bread Crumbs  
1/2 cup Fresh Parsley Leaves - Chopped  
2 Tablespoons Butter - Melted  
1.5 Pounds Salmon - Cut into 4 to 6 pieces (Center Cut if Possible)  
\*Can use Boneless/Skinless Chicken Thighs/Breasts as well!  
1 Tablespoon Dijon Mustard - or more to taste

## Instructions:

- Preheat oven to 425 degrees F.
- Lightly oil baking dish and set aside.
- In small bowl, mix brown sugar, and all dry spices until combined.
- In another bowl, mix bread crumbs, parsley, and butter until combined.
- Place salmon skin side down into lightly oiled baking dish.
- Spread dijon mustard evenly over the top surface of salmon or chicken for first layer.
- Sprinkle spice mixture evenly over the salmon or chicken for second layer.
- Then sprinkle the bread crumb mixture evenly as the final top layer and press lightly with the palm of your hand to ensure it is sticking to the salmon or chicken.
- Cook uncovered until golden - about 15 to 18 minutes.

\*If you aren't using center cut (thick salmon pieces) follow cooking instructions below:

If you prefer your salmon moist - medium, cook 15-16 minutes.

If you prefer your salmon medium well done, cook 17-18 minutes.

Serves 4-6 depending on size of fillets you desire