Walnut Crusted Salmon

4 salmon filets

2 teaspoons Dijon mustard

4 teaspoons honey

2 slices whole grain bread, pulsed into crumbs

3 Tablespoons finely chopped walnuts

2 teaspoons canola oil

1/2 teaspoon thyme

Combine Dijon and honey in a small bowl.

Combine bread crumbs, walnuts, oil and thyme.

Brush salmon with honey mustard sauce.

Press bread crumb mixture into salmon.

Bake 15 minutes at 400.