Parmesan Crusted Salmon  
1 1/2 lb. Salmon  
1 - 1 1/2 TBSP lemon juice  
2 TBSP olive oil  
1/3 cup butter  
2 TBSP garlic minced  
1 TBSP finely chopped fresh thyme  
1/2 tsp red pepper flakes  
1/2 cup parmesan cheese shredded  
3 TBSP real mayonnaise  
4 chopped green onions or minced onion  
1/4 tsp salt  
1/4 tsp pepper  
1 tsp hot sauce or Frank's optional  
1/2 tsp paprika  
  
Preheat oven 400 degrees. Line roasting pan with foil, place fillets on foil, season with salt and pepper.  
  
Drizzle fillets with lemon juice and oil. Cover with aluminum foil, cut slits in foil bake fillets 25-30 minutes.  
  
Preheat broiler to 500 degrees.  
  
In small sauce pan melt butter sautee garlic thyme and red pepper flakes. Let cool 2-3 minutes remove from heat.  
  
In small mixing bowl combine sauteed herbs, parmesan cheese, mayonnaise, onions, salt, pepper, hot sauce and paprika. Stir mix well and spread evenly over the fillets. Place on pan 6 inches from broiler about 90 seconds to 2 minutes or until cheese bubbles and browns slightly.