

BAKED SALMON DIJON

From Keep the Beat – US health and Human Services

<http://hp2010.nhlbihin.net/healthyeating/recipeDetail.aspx?linkId=11&cId=3&rId=38&AspxAutoDetectCookieSupport=1>

Ingredients

- 1 cup fat-free sour cream
- 2 tsp. dried dill
- 3 tbsp. scallions (green onions), rinsed and finely chopped
- 2 tbsp. Dijon mustard
- 2 tbsp. lemon juice
- 1 ½ lb. salmon filet, cut into 6 portions (4 oz. each)
- ½ tsp. garlic powder
- ½ tsp. ground black pepper
- Cooking spray

Instructions

1. Preheat oven to 400°F.
2. Whisk sour cream, dill, scallions, mustard, and lemon juice in a small bowl to blend.
3. Lightly coat baking sheet with cooking spray.
4. Place salmon, skin side down, on the prepared baking sheet. Sprinkle with garlic powder and pepper, then spread with sauce.
5. Bake salmon filets until each is opaque in the center and flakes easily with a fork in the thickest part, about 20 minutes (to a minimum internal temperature of 145°F).
6. Serve immediately.

Makes six servings (Serving Size: 4 oz. salmon)

Nutritional information per serving (6 servings)

calories	196
Total fat	7 g
Saturated fat	2 g
Cholesterol	76 mg
Sodium	229 mg
Total fiber	0 less than 1 g
Protein	27 g
Carbohydrates	5 g
Potassium	703 mg

