



Baked Salmon Dijon

Preparation Time:
10 minutes

Cook Time:
20 minutes

Yields:
6 servings

Serving Size:
4 oz. salmon

- 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
- 1½ lb salmon fillet, cut into 6 portions
(4 oz each)
- ½ tsp garlic powder
- ½ tsp ground black pepper

Preheat oven to 400°F. Whisk sour cream, dill, scallions, mustard and lemon juice in a small bowl to blend. Lightly coat baking sheet with cooking spray. Place salmon, skin side down on the prepared baking sheet. Sprinkle with garlic powder and pepper, then spread with sauce. Bake salmon fillets 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). Serve immediately.

Amount Per Serving:

Calories*	196
Total Fat:	7g
Saturated Fat:	2g
Cholesterol:	76mg
Sodium:	229mg
Total Fiber: less than	1g
Carbohydrate:	5g
Protein:	27g
Potassium:	703mg

* Percent Daily Values are based on a 2,000 calorie diet.