



IN *The Villages*[®]
America's Healthiest Hometown

Baked Salmon Dijon

Prep Time: 10 minutes

Cook Time: 20 minutes

Yields: 6 servings

Serving Size: 4 oz salmon

Ingredients:

1 C 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 fillet, cut into 6 portions (4 oz each)

½ tsp garlic powder

½ tsp ground black pepper

Cooking spray

Directions:

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 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).
6. Serve immediately.

Nutritional Information:

Calories: 196

Total fat: 7 g

Saturated fat: 2 g

Cholesterol: 76 mg

Sodium: 229 mg

Total fiber: 0 g

Protein: 27 g

Carbohydrates: 5 g

Potassium: 703 mg

Source: Deliciously Healthy Dinners from The National Heart, Lung, and Blood Institute