

Baked Salmon Dijon

This salmon dish is easy to make and will be enjoyed by the entire family!

Source: <http://www.eatingwell.com>

Number of Servings: Six 4oz (1 piece) portions.

Ingredients:

- 1 C. fat free sour cream
- 2 tsp. dried dill
- 3 Tbsp. scallions, finely chopped
- 2 Tbsp. Dijon mustard
- 2 Tbsp. lemon juice
- 1 1/2lb Salmon filet, with skin, cut in center
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- Fat free cooking spray as needed

Directions

1. Preheat oven to 400 degrees. Lightly coat baking sheet with cooking spray.
2. Whisk sour cream, dill, onion, dijon mustard, and lemon juice in small bowl to blend.
3. Place salmon, skin side down on baking sheet. Sprinkle with garlic powder, pepper and then spread the sauce over the filets.
4. Bake salmon until opaque in the center, just about 20 minutes.

Nutrition Content:

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