



# *Featured Recipe:* Baked Salmon Dijon

*Delicious meets nutritious with this easy-to-make salmon entrée.*

## ***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 1/2 lbs salmon fillet with skin, cut in center  
1/2 tsp garlic powder  
1/2 tsp black pepper  
As needed, fat-free cooking spray

## ***Directions***

Whisk sour cream, dill, onion, mustard, and lemon juice in small bowl to blend. Preheat oven to 400°F. Lightly oil baking sheet with cooking spray. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper. Spread with the sauce. Bake salmon until just opaque in center, about 20 minutes.

*Makes 6 servings. Serving size: 1 piece (4 oz). Each serving provides 196 calories, 7 g total fat, 76 mg cholesterol, 229 mg sodium, less than 1 g fiber, 27 g protein, 5 g carbohydrate*

*A heart-healthy recipe from the US Department of Health and Human Services, National Institutes of Health National Heart, Lung, and Blood Institute*