

# Baked Salmon Dijon

## 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:

Preheat oven to 400° F. Whisk sour cream, dill, onion, mustard and lemon juice in small bowl to blend. 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.

## Reference:

National Heart, Lung, and Blood Institute. When Delicious Meets Nutritious: Recipes for Heart Health. Available at: <http://www.nhlbi.nih.gov/educational/hearttruth/downloads/pdf/factsheet-recipes.pdf>. Last update January 2005. Accessed 2/10/10.

<b>Number of Servings:</b> 6	
<b>Serving Size:</b> 1 piece (4 ounces)	
<b>Each serving provides:</b>	
Calories:	196
Total Fat:	7g
Saturated Fat:	2g
Cholesterol:	76mg
Sodium	229mg
Total Carbohydrates:	5g
Total Fiber:	less than 1g
Protein:	27g