

Baked Salmon Dijon

Salmon baked under a creamy dill-Dijon sauce. Elegant enough for guests, easy enough for weeknights.

Makes 6 servings | Serving: 4 oz salmon | Cost: Budget-friendly | 10 min + 20 min | 5 g net carbs

Ingredients

- 1 cup fat-free sour cream
- 2 teaspoons dried dill
- 3 tablespoons scallions (green onions), rinsed and finely chopped
- 2 tablespoons Dijon mustard
- 2 tablespoons lemon juice
- 1½ lb salmon fillet, cut into 6 portions (4 oz each)
- ½ teaspoon garlic powder
- ½ teaspoon ground black pepper
- Cooking spray

Nutrition Facts

Per serving (4 oz salmon)

Calories	**196**
Total Fat	7 g
Saturated Fat	2 g
Sodium	229 mg
Total Carbohydrate	5 g
Dietary Fiber	0 g
Protein	27 g
Potassium	703 mg

Method

1. Heat the oven to 400°F.
2. Whisk the sour cream, dill, scallions, mustard and lemon juice.
3. Coat a baking sheet with cooking spray.
4. Set the salmon skin side down, season with garlic powder and pepper and spread with the sauce.
5. Bake about 20 minutes, until opaque and flaky (145°F). Serve right away.

Swaps: Plain Greek yogurt can replace the sour cream.

Storage: Refrigerate up to 3 days.

Why it's good for you

- Salmon provides omega-3 fats.[1]
- It is also rich in potassium.[2]

[1] NIH Office of Dietary Supplements: Omega-3 Fatty Acids fact sheet, https://ods.od.nih.gov/factsheets/Omega3FattyAcids-Consumer/ [2] NIH Office of Dietary Supplements: Potassium fact sheet, https://ods.od.nih.gov/factsheets/Potassium-Consumer/

Recipe adapted from National Heart, Lung, and Blood Institute (NIH), Healthy Eating Recipes: https://www.nhlbi.nih.gov/health/heart-healthy-living/healthy-foods/healthy-eating-recipes/baked-salmon-dijon. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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