

## Baked Salmon Dijon

1 cup sour cream, fat-free  
2 tsp dried dill  
3 Tbsp scallions, finely chopped  
2 Tbsp Dijon mustard  
2 Tbsp lemon juice  
1½ lb salmon fillet with skin, cut in center  
½ tsp garlic powder  
½ tsp black pepper  
fat-free cooking spray as needed



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

**Yield: 6 servings**

**Serving size: 1 piece  
(4 oz)**

**Each serving provides:**

**Calories: 196**

**Saturated fat: 2 g**

**Total fat: 7 g**

**Cholesterol: 76 mg**

**Sodium: 229 mg**

**Fiber: less than 1 g**

**Protein: 27 g**

**Carbohydrate: 5 g**

**Potassium: 703 mg**

***No Time?*** Prepare sauce the night before  
& in 20 minutes dinner is served!



*Thank you to the Center for Disease Control for this delicious & healthy recipe.*