Baked Salmon with Creamy Dijon Dill Sauce

Makes 6 servings

Ingredients

nonstick cooking spray
1 cup fat-free sour cream
2 teaspoons dried dill
3 tablespoons finely chopped scallions
2 tablespoons Dijon mustard
2 tablespoons fresh lemon juice
6 4-ounce salmon fillets
½ teaspoon garlic powder
½ teaspoon ground black pepper

Directions

1. Preheat oven to 400 F. Spray a shallow baking dish with nonstick cooking spray. Set aside.
2. In a small bowl, whisk together sour cream, dill, scallions, mustard and lemon juice. Set aside.
3. Cut a slit down the length of each salmon fillet. Place salmon fillets skin-side-down in prepared baking dish. Sprinkle with garlic powder and black pepper. Spread sauce over the top of each fillet.
4. Bake uncovered until salmon flakes easily with a fork, about 20 minutes.
5. Serve warm.

Allina Health

MAIN DISH

TIP

Salmon is easy to overcook! Check the fish for doneness periodically as it bakes.

♥ = heart smart   = low sodium   = gluten free

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Nutrition Facts

Serving Size 1 fillet with about 2 tablespoons sauce (170g)
Servings Per Container 6

Amount Per Serving	
Calories 210	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 200mg	8%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 25g	

Vitamin A 8% • Vitamin C 6%
Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: fish, milk
Carb choices per serving: ½