Mustard-Crusted Salmon

This dish is fantastic when served hot as a main dish or cold as leftovers on a salad.

Yield: 4 servings  
Total Time: 20 minutes

Ingredients
- Cooking spray
- 4 (4-ounce) salmon fillets
- ¼ teaspoon salt, or to taste
- Black pepper, to taste
- ¼ cup reduced-fat sour cream or plain Greek yogurt
- 2 Tablespoons stone-ground or Dijon mustard
- 2 teaspoons lemon juice
- 1 Tablespoon fresh dill or 1 teaspoon dried dill
- Optional: lemon wedges

Preparation Instructions
1. Preheat broiler. Line a broiler pan or baking sheet with foil, and coat it with cooking spray.
2. Place salmon pieces, skin-side down, on the prepared pan. Season with salt and pepper.
3. In a small bowl combine sour cream (or yogurt), mustard, lemon juice and dill. Spread the mixture evenly over the top of the salmon.
4. Broil the salmon 5 inches from the heat source until it is opaque in the center, 10 to 12 minutes. If desired, serve with lemon wedges.

Nutrition Analysis
Per serving: 210 calories; 10g fat (2.5g saturated, 0g trans); 80mg cholesterol; 310mg sodium; 1g carbohydrate (0g dietary fiber; 1g sugar); 26g protein. Vitamin A 4%, Vitamin C 2%, Calcium 4%, Iron 6% Daily Value.

Tip: If using frozen salmon, defrost in the refrigerator overnight or defrost under cold running water. Do not defrost at room temperature, as this can increase the risk of getting sick from bacterial growth.

Adapted from: www.eatingwell.com