

Baked salmon with Honey Mustard Sauce

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Servings: 4

cooking spray

*4 (6- to 7-ounce) skin-on
salmon fillets*

1/2 cup low-fat mayonnaise

1/4 cup Dijon mustard

1/4 cup honey

*2 tablespoons fresh chives,
finely chopped*

Kosher salt

freshly ground white pepper

*finely chopped fresh chives
(for garnish)*

Preheat the oven to 375 degrees.

Line a baking sheet with foil. Lightly coat with cooking spray. Lay the salmon, skin-side down on top. Set aside.

In a medium bowl, combine the mayonnaise, mustard, honey, chives, a pinch of salt and a pinch of pepper. Stir to thoroughly combine. Remove half of the sauce to a separate bowl. Set aside for serving.

Season the salmon with salt and pepper. Spoon the remaining sauce over the fish, spreading it evenly all over the top and sides of each fillet.

Roast just until the fish is opaque in the center, about 7 minutes.

Switch to the broiler setting.

Broil the fish until browning in spots, 6 to 8 minutes. (Keep your eye on it to avoid burning.)

Garnish with chives. Serve with the reserved sauce.

Per Serving (excluding unknown items): 156 Calories; 9g Fat (48.2% calories from fat); 1g Protein; 20g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 330mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 1 1/2 Fat; 1 1/2 Other Carbohydrates.