
Mustard Glazed Salmon

Linda Messina

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Servings: 4

3 tablespoons olive oil

1 tablespoon Dijon mustard

1 tablespoon fresh lemon juice

1/4 teaspoon salt

1/4 teaspoon pepper

4 six-ounce pieces salmon fillet (with skin)

fresh dill, chopped

Preheat the oven to 425 degrees.

In a small bowl, mix together the olive oil, mustard, lemon juice, salt and pepper.

Place the salmon, skin-side down, in a baking dish. Spoon mustard glaze over each piece of fish.

Bake until the salmon is no longer red, 6 to 8 minutes.

Sprinkle with the chopped dill and serve.

Seafood

Per Serving (excluding unknown items): 94 Calories; 10g Fat (96.4% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 180mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 Fat; 0 Other Carbohydrates.