

Baked Salmon Dijon

Makes 4 servings

1 cup Greek yogurt
¼ cup finely chopped scallions
2 tablespoons lemon juice
1½ tablespoons Dijon mustard
2 teaspoons dried dill
4 raw salmon fillets (about 24 ounces total)
½ teaspoon garlic powder
½ teaspoon black pepper

1. Preheat oven to 400°F. Spray medium baking sheet with nonstick cooking spray.
2. Combine yogurt, scallions, lemon juice, Dijon mustard and dill in small bowl; stir to blend. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper; spread with yogurt sauce.
3. Bake salmon 20 minutes or until just opaque in center.

Courtesy: Joella Morris