



Ingredients

- 4, 6oz salmon filets
- 3T olive oil
- 1T Dijon mustard
- 1T lemon juice
- Salt and pepper
- Fresh dill

Mustard Glazed Salmon

Preparation

1. Preheat oven or grill to 425.
2. In a small bowl, mix oil through pepper.
3. Place salmon, skin side down, in baking dish. Pour mustard glaze over each piece.
4. If grilling, place salmon on foil or wood plank, skin side down, and brush with glaze
5. Cook until salmon is cooked through, about 10 minutes.
6. Sprinkle with chopped dill

Tips

Serve with roasted vegetables of choice or salad and quinoa.