



MUSTARD- CRUSTED SALMON

MAKES 4 SERVINGS

Ingredients:

- 4 salmon fillets, 4 oz each
- ¼ tsp fresh ground black pepper
- ¼ c Greek plain yogurt
- 2 Tbsp stone ground mustard
- 3 tsp lemon juice

Directions:

Preheat the boiler to 350 degrees.

In a bowl, combine Greek yogurt, mustard, and lemon juice.

Season salmon with pepper and place skin side down on a lightly oiled baking pan. Spread the mixture over the salmon.

Broil the salmon until it's opaque in the center and cooked through, approximately 10-12 minutes. Serve warm with a side of green vegetables and fresh fruit.