

VitaMin



Vital health information in a minute

Photo: Jennifer Causey

DIJON-HERB CRUSTED SALMON WITH CREAMY DILL SAUCE

Yield: Serves 2 (serving size: 1 filet and about 1 ½ tablespoons sauce)

Ingredients

- › 2 (6-ounce) salmon fillets, skinned (about 1 ½-inch thick)
- › ¼ teaspoon kosher salt
- › ¼ teaspoon freshly ground black pepper
- › ¼ cup whole wheat panko (Japanese breadcrumbs)
- › 1 tablespoon finely chopped fresh flat-leaf parsley
- › 1 tablespoon canola oil
- › 2 teaspoons chopped fresh thyme
- › 1 teaspoon Dijon mustard
- › 2 tablespoons plain 2% reduced-fat Greek yogurt
- › 2 teaspoons chopped fresh dill
- › 1 ½ teaspoons 2% reduced-fat milk
- › 1 teaspoon red wine vinegar

How to make it

1. Preheat oven to 450°F.
2. Arrange fish on a parchment paper-lined baking sheet. Sprinkle with salt and pepper. Bake at 450°F for 10 minutes or until desired degree of doneness. Remove pan from oven. Turn on broiler.
3. Combine panko, parsley, oil, thyme and Dijon in a small bowl. Spoon panko mixture evenly over fish, pressing to adhere. Place pan in oven; broil 1 to 2 minutes or until topping is browned.
4. Combine yogurt, dill, milk and vinegar in a small bowl. Serve with fish.

Nutrition information

Amount per serving

- › Calories: 359
- › Fat: 18.6 g
- › Saturated fat: 2.5 g
- › Monounsaturated fat: 8.1 g
- › Polyunsaturated fat: 6 g
- › Protein: 37 g
- › Carbohydrate: 9 g
- › Fiber: 1 g
- › Cholesterol: 95 mg
- › Iron: 2 mg
- › Sodium: 398 mg
- › Calcium: 51 mg
- › Sugars: 1 g
- › Added sugars: 0 g

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Together, all the way.®



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