

## Broiled Salmon With Dill

# EASY | RECIPE

- 4 tsp Dijon mustard
- 2 tbsp fresh lemon juice
- 2 tbsp olive oil
- ½ tsp minced garlic
- 4 4-oz salmon fillets,  
skin removed
- Salt and pepper to taste
- 2 tbsp fresh dill, chopped



- 1] Set oven control to broil. In small bowl, whisk together first 4 ingredients.
- 2] Spread mustard mixture evenly on top of fillets; season with salt and pepper if desired.
- 3] Spray broiler pan rack with cooking spray. Place salmon on rack and in oven at least 6 inches from heat. Broil 6-8 minutes, depending on fillet thickness, or until fish flakes easily with a fork.
- 4] Sprinkle dill over fillets and serve.

**MAKES 4 servings. Per serving:**

126 calories | 7.8g protein | 10g fat | 1.5g sat fat | 24.5mg cholesterol | Trace carbs | Trace fiber | 139mg sodium