VitaMin
Vital health information in a minute

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
› 1½ 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.

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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