

DIJON MUSTARD BAKED SALMON

Wild-caught salmon is not only a healthy dinner alternative containing anti-inflammatory omega-3's, it also makes for a quick meal. Even the leftovers are great cold in a salad the next day. Dijon mustard and salmon complement each other very well in this dish. The topping also keeps the salmon very moist and light. One serving of this recipe is 3 oz and covers your protein for one meal.



INGREDIENTS

- 1-1/2 lbs wild-caught salmon filet or portions (not Atlantic)
- 1/4 cup fresh parsley, finely chopped
- 1/4 cup Dijon mustard (or spicy brown mustard)
- 1 Tbsp fresh lemon juice
- 1 Tbsp avocado oil
- 3 garlic cloves, finely chopped
- Pink Himalayan Sea Salt & freshly ground pepper, to taste

INSTRUCTIONS

Preheat oven to 375° F. Place the salmon on a parchment paper or foil-lined baking sheet and set aside.

In a small bowl, add the remaining ingredients and mix well. Coat the salmon with the mixture and bake for 18-20 minutes (depending on size and thickness of the salmon). It should flake easily when done.