

Healthy Recipe of the Month



Stupendous Salmon

1 Salmon Filet, skinned (asked the fish store to do this)

1-2 teaspoons low-fat mayonnaise

3 tablespoons Grey Poupon mustard

2 teaspoons fresh lemon or lime juice

Fresh Dill

Capers

1 Tablespoons olive oil

1 clove garlic, chopped

Preheat oven to 350. Mix mayo, mustard, and lemon in small bowl. Rub olive oil onto the bottom of a glass baking pan. Remove Dill from stalk, and spread over salmon, enough to cover salmon and look even. Take mayo and mustard mixture and spread evenly over salmon filet. Add capers and garlic. Cook at 350 for 20-25 minutes. (Cook time may take longer with thicker cuts of fish) Garnish with fresh dill and you have a great dish...even my 6 year old loves this one!