



Bistro Baked Fish

Simple and tasty dinner. Use leftovers in a sandwich or add to a tossed salad.

Serves 4

1 ¼ pounds salmon fillets, cut into 4 portions (haddock is also tasty)
¼ tsp. salt
Ground pepper, to taste
¼ cup reduced-fat sour cream
2 Tbsp. stone-ground mustard
2 tsp. lemon juice

- Pre heat broiler. Line broiler pan or baking sheet with foil, then coat with cooking spray.
- Place fish fillets, skin-side down, on the prepared pan. Season with salt and pepper. Combine sour cream, mustard and lemon juice in a small bowl. Spread evenly over the salmon.
- Broil the fish 5 inches from the heat source until it is opaque in the center, 10 – 12 minutes.

Recipe adapted from Healthy in a Hurry by Eating Well

Nutritional information:

Calories: 290 Total fat: 18g
Saturated Fat: 4g Carbohydrates: 2g
Dietary Fiber: 0g Protein: 29g