



Bistro Baked Fish

Simple and tasty dinner. Use leftovers in a sandwich or tossed salad the next day.

Makes 4 Servings

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