



## DIJON MUSTARD BAKED SALMON

By Dr. Cindy Tanzar  
(Standard)

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. Makes 4-6 servings. 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 Salt & 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.