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## Dijon Baked Salmon

### Ingredients

1 ½ pounds salmon (whole piece or fillets) – wild caught is preferable  
¼ cup fresh parsley, finely chopped  
¼ cup Dijon mustard  
1 tablespoon lemon juice  
1 tablespoon olive oil  
3 garlic cloves, finely chopped  
Salt and pepper to taste

### Instructions

1. Preheat your oven to 375 °F.
2. Place the salmon on a parchment lined baking tray, skin side down.
3. Mix together the remaining ingredients in a small bowl and generously coat the top of the salmon with the mixture.
4. Bake the salmon for 18-20 minutes (depending on size and thickness). Serve with a wedge of lemon and roasted veggies or salad.

\*Recipe serves 4-5.