

# GET HEALTHY. STAY HEALTHY.

## Memorial Health & Wellness Program

### HEALTHY RECIPE – Mustard – Crusted Salmon

**Makes:** 4 **Prep Time:** 10 minutes • **Total Time:** 20 minutes

#### Ingredients

- 1 1/4 pounds center-cut salmon fillets, cut into 4 portion
- 1/4 teaspoon salt, or to taste
- Freshly ground pepper, to taste
- 1/4 cup plain Greek yogurt or (reduced-fat sour cream – this will increase calories and fat a little)
- 2 tablespoons stone-ground mustard
- 2 teaspoons lemon juice
- Lemon wedges



#### Directions

- Preheat broiler. Line a broiler pan or baking sheet with foil, then coat it with cooking spray.
- Place salmon pieces, 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 salmon 5 inches from the heat source until it is opaque in the center, 10 to 12 minutes. Serve with lemon wedges.

#### Nutrition

198 calories; 7 g fat (2 g sat, 5 g mono); 72 mg cholesterol; 2 g carbohydrates; 29 g protein; 0 g fiber; 375 mg sodium; 560 mg potassium.

#### Tips:

You can add layers of flavor by using garlic powder, dill weed and a little bit of Old Bay seasoning. Service with roasted or steams vegetables.

If you have questions about this topic or need a physician, contact LCMH Health and Wellness Program at 494-2992.



Lake Charles  
Memorial Health System