



## Crispy Creamy Salmon Bake



1/2 of recipe: 273 calories, 11.5g total fat (3g sat. fat), 500mg sodium, 8g carbs, <0.5g fiber, 1.5g sugars, 31g protein

**Prep:** 5 minutes    **Cook:** 15 minutes



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### Ingredients

Two 5-oz. raw skinless salmon fillets  
2 1/2 tbsp. fat-free plain yogurt  
1/4 cup panko bread crumbs  
1 tbsp. creamy mild Dijon mustard  
1/2 tsp. chopped fresh dill or 1/4 tsp. dried dill

#### Seasonings:

1/8 tsp. plus 1 dash each salt and black pepper  
1/8 tsp. garlic powder  
1/8 tsp. onion powder  
1/8 tsp. dried parsley

### Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Place salmon on the sheet, and sprinkle with 1/8 tsp. each salt and pepper. Spread 1/2 tbsp. yogurt over each piece.

In a small bowl, combine panko, garlic powder, onion powder, parsley, and remaining dash each salt and pepper. Evenly distribute over top of salmon.

Bake until cooked through, 12 - 14 minutes.

In a small bowl, combine remaining 1 1/2 tbsp. yogurt, mustard, and dill. Add 1 tbsp. hot water, and stir until smooth and uniform.

Serve salmon topped with sauce.

#### MAKES 2 SERVINGS

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