



## Easy Dreamy Herbed Salmon



Entire recipe: 246 calories, 13g total fat (3g sat. fat), 491mg sodium, 4g carbs, 0g fiber, 2g sugars, 26.5g protein

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**Prep:** 5 minutes    **Cook:** 10 minutes



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### Ingredients

One 4-oz. raw skinless salmon fillet  
1/4 tsp. garlic powder, divided  
1/4 tsp. onion powder, divided  
1/8 tsp. salt  
1/8 tsp. black pepper  
2 tbsp. fat-free plain Greek yogurt  
1 tbsp. light mayonnaise  
1/2 tsp. chopped fresh dill (or 1/4 tsp. dried dill)

### Directions

Spray an air fryer with non-aerosol nonstick spray. Place salmon in the air fryer, and season with 1/8 tsp. garlic powder, 1/8 tsp. onion powder, salt, and pepper.

Set air fryer to 400°F (or nearest degree). Cook for about 10 minutes, until cooked through.

In a small bowl, mix yogurt, mayo, dill, and remaining 1/8 tsp. each garlic powder and onion powder.

Serve salmon with sauce on top or on the side.

MAKES 1 SERVING

**HG Tip!** Tweak that sauce however you like. Switch in different herbs, mix in other condiments and spices to punch up the flavor, etc.

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