Everything Bagel Salmon

1/2 of recipe: 229 calories, 12g total fat (4g sat fat), 358mg sodium, 1.5g carbs, 0g fiber, 0.5g sugars, 24.5g protein

Green Plan SmartPoints® value 6*
Blue Plan (Freestyle™) SmartPoints® value 2*
Purple Plan SmartPoints® value 2*

Prep: 5 minutes   Cook: 15 minutes

Ingredients
Two 4-oz. raw skinless salmon fillets
1/4 tsp. garlic powder
1/4 tsp. onion powder
1 1/2 tbsp. light/reduced-fat cream cheese
1 tsp. Dijon mustard
1 tsp. light mayonnaise
1/8 tsp. lemon juice
1 tsp. everything bagel seasoning (like the kind by Trader Joe’s or Wishful Seasoning)

Directions
Preheat oven to 450 degrees. Spray a baking sheet with nonstick spray.

Season salmon with garlic powder and onion powder. Place on the baking sheet, and bake until cooked through, about 14 minutes.

In a small bowl, combine cream cheese, mustard, mayo, and lemon juice. Stir until smooth and uniform. Spread over salmon. Top with everything bagel seasoning.

MAKES 2 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the SmartPoints® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The SmartPoints® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the SmartPoints® trademark.