



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

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

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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

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