

## Seafood

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# Baked Mustard-Mayo Fish Steaks

Palm Beach Post

**Servings: 4**

**Preparation Time: 5 minutes**

**Cook time: 8 minutes**

**2 tablespoons mayonnaise**

**2 tablespoons mustard**

**5 tarragon leaves, minced**

**1/2 teaspoon salt**

**1/2 teaspoon black pepper**

**4 6 to 8 ounce swordfish or salmon steaks**

**lemon wedges**

Preheat oven to 375 degrees.

In a small bowl, mix the mayonnaise and mustard. Stir in the tarragon, salt and pepper.

Spread mixture on both sides of the steaks. Place the fish on a baking sheet.

Bake the fish for 8 minutes, turning once halfway through cooking.

Place the steaks under the broiler for 1 minute to brown.

Serve with lemon wedges.

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Per Serving (excluding unknown items): 56 Calories; 6g Fat (92.7% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 400mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.