

# **Mustard-Baked Salmon**

Dash Magazine

**Servings: 4**

**4 6-ounce salmon fillets**

**1 tablespoon Dijon mustard**

**4 tablespoons bread crumbs**

**1/2 teaspoon salt**

**1/4 teaspoon pepper**

Preheat oven to 400 degrees.

Spread salmon on both sides with the mustard.

Mix bread crumbs, salt and pepper in a bowl for dredging.

Dredge the salmon in the bread crumb mixture until thoroughly coated. Place salmon in a baking dish.

Bake for 8 minutes or until done.

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Per Serving (excluding unknown items): 227 Calories; 6g Fat (26.4% calories from fat); 35g Protein; 5g Carbohydrate; trace Dietary Fiber; 88mg Cholesterol; 486mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 0 Fat; 0 Other Carbohydrates.