

Roasted Salmon with Yogurt Dill Sauce

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the bottom with tape or glue and drop it in your recipe box for future inspiration!



Nutritional Bonus: Just one 6-oz serving of this salmon dish takes care of half your recommended weekly intake of fish and its omega-3 fatty acids. Along with the fatty acids' cardiovascular benefits, studies show omega-3s may help prevent age-related cognitive decline, such as dementia.

INSTRUCTIONS: Preheat oven to 425°F. Line a large baking sheet with parchment paper. Place salmon in a single layer on sheet and drizzle each fillet with ¼ tsp oil. Season with salt and pepper. Transfer to oven and roast until flesh flakes easily when tested with a fork, 13 to 15 minutes. In a small bowl, mix yogurt, dill, lemon zest and juice with a fork until well combined. Divide salmon among serving plates. Drizzle yogurt sauce over top or serve on the side for dipping, dividing evenly.

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Serves 4. Hands-on time: 8 minutes. Total time: 20 minutes.

INGREDIENTS:

- 4 6-oz boneless, skinless wild salmon fillets
- 1 tsp olive oil
- Pinch each sea salt and fresh ground black pepper
- 1 cup low-fat plain yogurt
- ½ cup chopped fresh dill
- ½ tsp finely grated lemon zest
- 2 tbsp fresh lemon juice



Nutrients per serving (6 oz salmon and ¼ cup yogurt sauce): Calories: 293, Total Fat: 13 g, Sat. Fat: 2 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 4 g, Omega-3s: 2,960 mg, Omega-6s: 880 mg, Carbs: 5 g, Fiber: 0 g, Sugars: 5 g, Protein: 37 g, Sodium: 149 mg, Cholesterol: 97 mg

