

## **Mustard Crusted Salmon**

Serves 4

1 ½ pounds salmon fillets cut into 4 portions  
Freshly ground pepper to taste  
¼ cup reduced-fat sour cream  
2 tbsp coarse-ground or stone ground mustard  
2 tsp lemon juice  
Cooking spray  
Lemon wedges for garnish (optional)

Preheat broiler, set rack 5 inches below heat source  
Line a broiling pan or jelly roll pan with aluminum foil  
Coat with cooking spray  
Place salmon fillets, skin side down, on the prepared pan. Season with pepper  
Combine sour cream, mustard, and lemon juice in a bowl  
Spread evenly over salmon  
Place salmon under broiler, cook 10-12 minutes or until opaque in the center  
If desired, serve with lemon wedges

Per serving:  
342 calories  
2 g carbohydrates  
35 g protein  
20.5 g fat  
5 g sat fat  
108 mg cholesterol  
203 mg sodium

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