

# Mustard-Crusted Salmon



**MAKES 4 SERVINGS**

## **Ingredients:**

- 4 salmon fillet, 4 oz each
- 1/4 tsp fresh ground black pepper
- 1/4 c Greek plain yogurt
- 2 Tbsp stone ground mustard
- 3 tsp lemon juice

## **Directions:**

Preheat the boiler to 350°F.

In a bowl, combine Greek yogurt, mustard, and lemon juice.

Season salmon with pepper and place skin side down on a lightly oiled baking pan. Spread the mixture over the salmon.

Broil the salmon until it's opaque in the center and cooked through, approximately 10-12 minutes. Serve warm with a side of green vegetables and fresh fruit.

