

LUNCH OR DINNER — MAIN DISH

Mustard-Crusted Salmon

Makes 4 servings · 1 fillet each

SATIETY SCORE	NUTRITION
● ● ● ● ● 5 / 5	HIGH
Per serving (approx.): Protein 26 g · Fiber 0 g · Calories 260	

Ingredients

- 4 salmon fillets, 4 oz each
- ¼ tsp fresh ground black pepper
- ¼ cup plain Greek yogurt
- 2 Tbsp stone-ground mustard
- 3 tsp lemon juice

Directions

1. Preheat the broiler to 350°F.
2. Combine the Greek yogurt, mustard, and lemon juice.
3. Season the salmon with pepper and place skin-side down on a lightly oiled baking pan.
4. Spread the mixture over the salmon.
5. Broil 10–12 minutes, until opaque in the center and cooked through.

Note: Serve with a side of green vegetables and fresh fruit.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 lemon (for about 0 cup juice)

SEAFOOD

- ☐ 4 salmon fillets, 4 oz each

DAIRY & EGGS

- ☐ ¼ cup plain Greek yogurt

PANTRY & DRY GOODS

- ☐ 2 Tbsp stone-ground mustard

CHECK YOUR PANTRY

- ☐ Black pepper