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Baked Salmon Dijon

Ingredients

- 1 cup(s) sour cream, light or fat-free
- 2 teaspoon dill weed, dried
- 3 tablespoon scallion(s) (green onions), finely chopped
- 2 tablespoon mustard, dijon-style
- 2 tablespoon lemon juice
- 1 1/2 pounds fish, salmon fillet, with skin, cut in center
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper, black

Preparation

1. Whisk sour cream, dill, onion, mustard, and lemon juice in a small bowl.
2. Preheat oven to 400 degrees F. Lightly oil baking sheet with cooking spray.
3. Place salmon, skin-side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce.
4. Bake salmon until just opaque in the center, about 20 minutes.