

# Dijon Salmon

Serves Four



## Ingredients

- 4 (5-ounce) salmon portions
- Kosher salt and freshly ground black pepper
- 1 tablespoon olive oil
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 2 tablespoons Dijon mustard
- 2 tablespoons lemon juice
- 2 tablespoons fresh Italian flat leaf parsley, chopped

## Steps

1. Preheat oven to 375°F. Pat salmon pieces dry with a paper towel. Season with salt and pepper. Brush or spray a baking dish olive oil and place salmon portions in the baking dish.
  2. In a small bowl stir the olive oil, garlic, Dijon, lemon juice and parsley together.
  2. Bake salmon for 6 minutes. Carefully remove the pan from the oven and spoon or brush the Dijon mixture over the salmon. Return to oven and bake another 6-8 minutes (or until the fish is flakey and the color is a light orange).
- Serve hot with lemon wedges.