Dill & Lemon Salmon

For the salmon

4 tablespoons fresh lemon juice

1½ tablespoons extra virgin olive oil

4 tablespoons chopped fresh dill

4 salmon fillets, patted dry with paper towels

For the mustard-dill sauce

3 tablespoons Dijon mustard

¼ cup plain whole milk yogurt

3 tablespoons finely chopped fresh dill

2 tablespoons fresh lemon juice

Instructions

Combine all of the marinade ingredients in a baking dish and mix well. Add the salmon, turning to coat evenly. Cover and refrigerate for at least 30 minutes, or up to 6 hours.

Combine all of the sauce ingredients in a small bowl and mix well. Cover and refrigerate.

Preheat oven to 400 degrees F.

Place salmon (skin side down) in a foil-lined baking dish with sides. Bake 10 to 15 minutes, or until cooked through.

Top cooked salmon with sauce and salt and pepper to taste; serve with brown rice and the vegetable of your choice.