

Baked Salmon Fillets Dijon



Delicious baked salmon coated with Dijon-style mustard and seasoned bread crumbs, and topped with butter.

Prep: 10 mins

Cook: 15 mins

Total: 25 mins

Servings: 4

Yield: 4 servings



Ingredients

4 (4 ounce) fillets salmon

3 tablespoons prepared Dijon-style mustard

salt and pepper to taste

¼ cup Italian-style dry bread crumbs

¼ cup butter, melted

Directions

Step 1

Preheat oven to 400 degrees F (200 degrees C). Line a shallow baking pan with aluminum foil.

Step 2

Place salmon skin-side down on foil. Spread a thin layer of mustard on the top of each fillet, and season with salt and pepper. Top with bread crumbs, then drizzle with melted butter.

Step 3

Bake in a preheated oven for 15 minutes, or until salmon flakes easily with a fork.

Nutrition Facts

Per Serving: 331 calories; protein 25g; carbohydrates 7.5g; fat 21.5g; cholesterol 106.5mg; sodium 552.5mg.