



RELAX! ... IT'S JUST DINNER.



Yogurt Glazed Salmon

Serves: 4

Cook Time: 30 minutes

Shopping list:

- 4 (4-ounce) salmon fillets
- Olive Oil Mister
- 2 tablespoons chopped scallions

- 1 tablespoon low-fat mayonnaise
- 1 tablespoon plain fat-free yogurt
- 1/4 teaspoon dry mustard
- Lemon wedges (optional)

Recipe:

1. Preheat oven to 425°.
2. Place fish, skin side down, in a baking dish coated with oil mist.
3. Combine 2 tablespoons scallions and next 3 ingredients; spread evenly over fish.
4. Bake at 425° for 15 minutes or until fish flakes easily when tested with a fork.
5. Serve immediately. If desired, sprinkle with additional chopped green onions, and garnish with lemon wedges