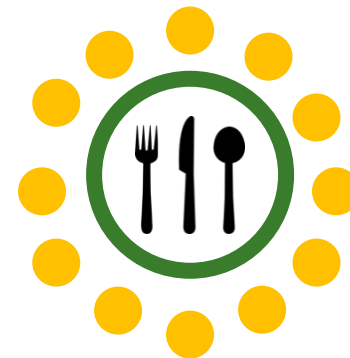


recipe of the week:

Dijon Baked Salmon



ingredients:	directions:
1 ½ lbs. salmon	1. Preheat your oven to 375 degrees fahrenheit.
¼ cup fresh parsley, finely chopped	2. Place the salmon on a parchment lined baking tray and set it aside.
¼ cup Dijon mustard	3. Mix together the remaining ingredients in a small bowl and generously coat the top of the salmon.
1 tbsp. lemon juice	4. Bake the salmon for 18-20 minutes (depending on size and thickness), then slice it into individual portions and serve immediately.
1 tbsp. avocado oil	* You could easily make this recipe with 4-6 individual salmon fillets, rather than one large fillet.
3 garlic cloves, finely chopped	
Salt and pepper	

Presented by:

