

Honey Mustard Basil Salmon

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Adapted from Food.com

Serves 4 – 272 Calories/1 point

- 4 salmon filets
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 1 tablespoon honey dijon mustard
- 2 garlic cloves (minced)
- 1/4 cup chopped fresh basil
- salt and pepper

1. Place salmon filets in shallow baking dish.
2. In a small bowl, mix together oil, lemon juice, mustard and garlic; stir in basil; season with salt and pepper to taste.
3. Spread mixture over files, cover loosely and allow to marinate refrigerated for 1 hour.
4. Bake at 375 degrees for 8-12 minutes or until salmon flakes with a fork, Enjoy.

Main Course

Fish