

Horseradish-Mustard Salmon

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Serves 4

Blue – 1 point

Purple – 1 point

Green – 7 points

- 2 tsp olive oil
- 2 Tbsp dijon mustard
- 2 Tbsp prepared horseradish
- 2 tsp fresh squeezed lemon juice, plus 4 lemon slices for garnish (garnish optional)
- 1 tsp dried tarragon
- 1/2 tsp salt
- 1/2 tsp black pepper
- 24 oz salmon fillets (4 – 6 oz fillets)

1. In a small bowl, stir together mustard, horseradish, lemon juice, tarragon, salt and pepper until well blended.
2. Heat olive oil in a large skillet over medium-high heat. Add salmon, skin side up; cook 5 to 6 minutes or until golden brown on bottom. Turn salmon and cook 4 to 5 minutes or until internal temperature reaches about 145 degrees. Spread some horseradish-mustard mixture over salmon pieces during the last 3 minutes of cooking.
3. Slide spatula between skin and salmon to remove skin.

Serve salmon over rice if desired and drizzle with horseradish-mustard sauce; garnish with lemon slices if desired.