



Oh-So-Easy Salmon

Prep: 5 min.

Total: 20 min.

4 salmon fillets (1 lb.)

2 Tbsp. plus 2 tsp. GREY POUPON Harvest Coarse Ground Mustard

16 crackers, crushed (about 1/2 cup)

Preheat oven to 400°F. Place fish in single layer on foil-covered baking sheet; spread evenly with mustard.

Sprinkle with crumbs.

Bake 25 min. or until fish flakes easily with fork.

Makes 4 servings, one fillet each.

Jazz It Up:

Mix 1 tsp. dill weed with crumbs before sprinkling over fish.

Nutritional Information Per Serving:

240 calories, 11g total fat, 2.5g saturated fat, 55mg cholesterol, 390 mg sodium, 9g carbohydrate, 1g dietary fiber, 1g sugars, 23g protein, 4% DV vitamin A, 2% DV vitamin C, 4% DV calcium, 6% DV iron.