

## Baked Salmon with Creamy Dijon Sauce – Comfort du Jour

This delicious and healthful seafood recipe fits the bill for the final Friday of Lent or for a simple Passover meal. The creamy Dijon-spiked sauce coats the salmon during baking (which keeps it delightfully moist), and a reserved amount can be dolloped onto the plate for dipping as you enjoy each bite. I like wild or sustainably farm-raised salmon for this recipe, but arctic char or steelhead trout would be equally delicious, and it only takes 30 minutes, start to finish—perfect at the end of a hectic “here comes spring” week!

### INGREDIENTS (SERVES 2)

2 fillets salmon (about 6 oz. each, skin-on is fine)

### CREAMY DIJON SAUCE

1/3 cup sour cream (or Greek yogurt, if you prefer)  
1 tsp. Dijon mustard\* (see recipe note below)  
1 small shallot, finely chopped  
2 tsp. fresh dill, finely chopped (or about 1/2 tsp. dried dill)  
A small handful of fresh, flat-leaf parsley, chopped  
Juice of 1/2 small lemon  
Kosher salt and freshly ground black pepper

### \*NOTES

If you intend to make this dish for Passover, as I’ve mentioned, omit the Dijon. Apparently, mustard is not considered kosher for Passover, especially according to Ashkenazi Jewish custom. No worries, though, the dish will still be good without it!

### INSTRUCTIONS

1. Preheat oven to 350° F. Prepare a baking sheet, lined with parchment or silicone liner.
2. Pat salmon fillets dry with paper towels. Season each with salt and pepper.
3. Stir together the sour cream, Dijon, shallots, dill and parsley. Squeeze in lemon juice and stir to combine. Adjust salt and pepper to taste.
4. Spread the creamy Dijon sauce generously over each fillet, reserving a few tablespoons to serve on the side. Bake for 25 minutes, or until salmon flakes easily.