



Ingredients

2 personal sized pieces of salmon, skinless

Sea salt and black pepper

1 cup of sugar free mayo

2 tbsp of capers, drained and roughly chopped

2 garlic cloves, minced

1 tbsp freeze-dried dill

½ a lemon, juiced

Salt and pepper to taste

ONE DAY MEAL PLAN FOR EATING HEALTHY:

DINNER

BAKED SALMON WITH CAPER DILL MAYO

A SALMON DINNER FOR TWO IS REMINISCENT OF MY FAVOURITE TAKE OUT PLACE OR RESTAURANT BUT IS SIMPLE AND MADE WITH HEALTHY INGREDIENTS. IT IS SATISFYING AND LIGHT.

Preparation

Preheat oven to 450° and line a baking sheet with parchment. Season salmon generously with salt and pepper and bake for 10 minutes.

Meanwhile, make the sauce. In a small bowl, whisk together, mayo, capers, garlic, dill, lemon juice, salt and pepper.

Serve salmon with a generous amount of caper dill mayo, alongside roasted sweet potatoes and asparagus.

Tip.

Caper dill mayo tastes best the next day, and even better weeks later. Save any leftovers for the next time you have salmon. Mayo will last up to 3 months.

RECIPES BY: SHAUNNA LEINSTER- CULINARY NUTRITIONIST

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