



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Baked Salmon with Creamy Lemon Dill Sauce

Serves 6 / Serving size: 1 fillet of salmon

Ingredients:

6, 4-ounce wild-caught salmon fillets (skinless)
2 TBSP olive oil
Pinch of salt and pepper

Creamy Lemon Dill Sauce:

1 cup plain Greek yogurt
2 TBSP fresh dill (finely chopped)
1 TBSP fresh lemon juice
1 TBSP olive oil
Zest from 1 lemon



Directions:

1. Preheat oven to 350°F.
2. Lightly brush both sides of salmon fillets with some olive oil and season with salt and pepper. Line salmon fillets in a single layer within the baking dish. Bake for 8-10 minutes, or until fish is cooked to an internal temperature of 145°F.
3. While fish is baking, prepare sauce: stir together ingredients. Add 1 TBSP milk at a time, as desired, for thinner consistency.
4. Serve salmon with dollop of lemon dill sauce.

Nutrition Tips:

1. Wild salmon is a great source of omega-3 fatty acids that support brain health and which may help both mood and anxiety.
2. Baking fish in a dish with olive-oil based sauce is an easy way to keep this protein-rich food moist and full of flavor without the saturated fats in fried fish or butter/ cream sauces.
3. This recipe uses citrus and fresh dill to give it a light and herbal taste. However, the fresh herb can easily be substituted with dried dill if preferred.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.