

Dijon-Herb Crusted Salmon (Light & Delicious, Main Courses)



- 1 tsp. red wine vinegar
- 2 Tbsp. plain Greek yogurt
- 2 Tbsp. Halladay's Dilly Fish Seafood Seasoning
- 2 6 oz. salmon fillets skinned
- ½ cup whole wheat panko breadcrumbs
- 1 Tbsp. canola oil
- 1 Tbsp. Dijon mustard

Preheat oven to 450°F. Combine vinegar, yogurt and 1 Tbs. of seasoning; set aside. Arrange fish on a foil lined baking sheet; season with salt and pepper. Bake 10 minutes or to desired doneness. Remove pan from oven. Combine panko, remaining seasoning, oil and mustard and spoon evenly over fish. Broil for 1 to 2 minutes until topping is brown. Serve yogurt sauce over salmon.