



Baked Salmon with Dill Sauce

4 (6 oz.) salmon fillets
2 Tbsp. olive oil
2 Tbsp. freshly squeezed lemon juice, divided
1/3 cup Greek yogurt, plain
3 Tbsp. mayonnaise

2 Tbsp. sour cream
1 Tbsp. fresh dill, finely chopped; plus extra for garnish
1 clove garlic, grated
1-2 tsp. lemon zest
salt and pepper, to taste

Preheat oven to 400 degrees.

Lightly spray baking sheet with non-stick spray. Place salmon on baking sheet; season both sides with salt and pepper. Drizzle both sides with olive oil and 1 Tbsp. lemon juice.

Bake for 13-16 minutes, or until cooked through. To check: gently squeeze sides of fillet. If still slightly squishy, cook another 2-3 minutes; it shouldn't be hard to the touch.

In medium bowl, combine yogurt, mayonnaise and sour cream; mix together. Add dill, garlic, lemon zest and remaining lemon juice. Taste and add salt or pepper, if needed.

Remove salmon from oven; let rest 5 minutes. Transfer to plates and serve, topped with dill sauce and fresh dill.