

Salmon with Dill Sauce

Prep Time: 35 minutes

Cook Time: 20 minutes

Serves: 4

Ingredients:

1 Pound	Wild Salmon (2 inches thick)
1 Bunch	Dill, chopped
¼ Cup	Dijon Mustard
1-2 Tablespoons	Rice Wine vinegar
2	Lemons, juiced
	Salt and pepper to taste
2 Tablespoons	Grape seed oil (melted coconut oil works well, too)

Directions:

Pre-heat oven to 400.

Chop dill. Juice lemons.

Combine dill, mustard, vinegar, lemon juice, salt and pepper, to taste, in a bowl.

Place fish in a large glass-baking dish. Salt and pepper the fish. Pour sauce over it and let marinate for 30 minutes.

Place fish in the oven and bake for approximately 20 minutes.

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