

## SALMON WITH DIJON BASIL BUTTER



We eat salmon at least once a week in our family. It is a great source of high quality protein and a place to get heart healthy omega-3 fatty acids. I love this preparation and I find myself making extra to put on my salads the next day.

*Makes 4 servings*

### INGREDIENTS

3 tbsp butter, melted  
1 tbsp Dijon mustard  
¼ cup fresh basil (loosely packed), thinly sliced  
1 (1 ½-2 pound) salmon fillet, skin on  
Salt and fresh ground black pepper

### METHOD

1. Stir together butter, mustard, and basil.
2. Place salmon on a double layer of foil and season with salt and pepper. Pour butter over salmon.
3. Heat grill to medium-high and place salmon on grill and close lid for 7-12 minutes (depending on thickness of salmon), or until just cooked through. Alternately, bake at 450 degrees.