

Broiled Mustard-Dill Salmon

- 1 pound salmon fillet
- 1 lemon
- 2 tablespoons stone ground mustard
- 1 tablespoon chopped fresh dill or 3/4 teaspoon dried

Preheat broiler. Set oven rack 4-5 inches from the element. Rinse fish. Pat dry and lay skin-side down on a baking sheet. With a zested or grater remove zest (yellow part of peel only) from lemon; squeeze 1 tablespoon juice from lemon. Mix lemon zest, lemon juice, mustard and dill. Brush mixture over salmon. Broil salmon until opaque in center, about 5-6 minutes for 2 inch thick fillet; 10-12 minutes for 1 inch fillet.