Roasted Salmon and Broccoli with Dijon Sauce

Adapted by Chef Jen

Ingredients:
- (4) 5 oz salmon fillets
- 2 large shallots, finely diced
- ½ cup nonfat plain Greek yogurt
- 2 Tbsp water
- ¼ cup Dijon or grainy mustard
- 3 Tbsp chopped parsley
- Salt and pepper to taste
- 2 bunches broccoli crowns
- 4 Tbsp olive oil

Preparation:
1. Pre-heat oven to 400°F. Pat dry salmon fillets, season lightly with salt and pepper. Line baking sheet with aluminum foil. Drizzle 2 Tbsp olive oil on foil. Center the 4 fillets in the pan.

2. Break off broccoli into florets and toss with 1 tbsp olive oil, salt and pepper. Surround salmon fillets with broccoli and bake for ~15-20 minutes. Or until thermometer in fish registers 145°F and broccoli is easily pierced with a fork.

3. While the fish and broccoli roast, chop parsley and set aside. Then, finely dice 2 large shallots. Heat 1 tbsp olive oil in medium skillet, over medium heat, add shallots. Cook ~ 2-3 minutes or until tender. Add yogurt and 2 tbsp water, using a whisk (silicon whisk if using a non-stick pan) mix until blended, ~ 30 seconds. Remove from heat and mix in mustard.

4. Portion out salmon and broccoli on plates. Mix in 2 tbsp parsley into mustard sauce and spoon evenly over the 4 portions of salmon. Garnish with the rest of the parsley over the plate.