

RECIPE

Smoky Mustard-Maple Salmon

Start to Finish: 15 minutes Servings: 4

Ingredients:

- 3 tablespoons whole-grain or Dijon mustard
- 1 tablespoon pure maple syrup
- ¼ teaspoon smoked paprika or ground chipotle pepper
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon salt
- Four 4-oz skinless, center-cut, wild-caught salmon fillets

Directions:

1. Preheat oven to 450 F. Line a baking sheet with foil and coat with cooking spray.
2. Combine mustard, maple syrup, paprika (or chipotle), pepper and salt in a small bowl. Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on the salmon.
3. Roast until just cooked through (approx. 8-12 minutes).

Nutrition Information Per Serving:

148 Calories; 4 g Total Fat; 1 g Saturated Fat; 2 g Monounsaturated Fat; 53 mg Cholesterol;
4 g Carbohydrates; 23 g Added Sugars; 23 g Protein; 0 g Fiber; 276 mg Sodium; 434 mg Potassium

