

Smoky Mustard-Maple Salmon

November 2023 Recipe

Makes: 4 servings



Ingredients

3 Tbsp. whole-grain or Dijon mustard
1 Tbsp. pure maple syrup
¼ tsp. smoked paprika or ground chipotle pepper
¼ tsp. freshly ground black pepper
⅛ tsp. salt
4, 4-oz skinless wild-caught salmon fillets

Nutritional information for 1 serving

Calories	148
Total fat	4 g
Saturated fat	1 g
Cholesterol	53 mg
Sodium	276 mg
Carbohydrate	4 g
Dietary fiber	0 g
Total sugars	3 g
Added sugars included	3 g
Protein	23 g

Directions

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