

# Smoky Maple-Mustard Salmon

Check out this easy and delicious recipe. Serve it with roasted green beans and whole-wheat couscous tossed with pecans and chives.

## Ingredients

- 3 Tbs whole grain or Dijon mustard
- 1 Tbs pure maple syrup
- 1/4 tsp smoked paprika or ground chipotle pepper
- 1/4 tsp freshly ground pepper
- 1/8 tsp salt
- 4 4-ounce skinless center-cut wild-caught salmon fillets

## Directions

Preheat oven to 450 degrees. Line a baking sheet with foil and coat with cooking spray

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. Roast until just cooked through, 8-12 minutes



Ken Burris

# Nutritional Information

4 servings

Calories: 148

Fat: 4g

Saturated Fat: 1g

Cholesterol: 53mg

Protein: 23g

Carbohydrates: 4g

Dietary Fiber: 0g

Sodium: 276mg

Potassium: 434mg

Recipe from WebMD