

# *Smoky Mustard-Maple Salmon*

It doesn't get much easier — or more delicious — than this ultra-fast salmon. The sweetness of the maple balances the tangy mustard; smoked paprika or ground chipotle adds another layer of flavor. When you buy your salmon, ask at the fish counter to have the salmon cut into four 4-ounce fillets with the skin removed.

## **Ingredients:**

- 3 Tbsp whole-grain or Dijon mustard
- 1 Tbsp pure maple syrup
- 1/4 tsp smoked paprika or ground chipotle pepper
- 1/4 tsp freshly ground pepper
- 1/8 tsp salt
- 4 4-oz 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 (approx. 8-12 minutes). Quick Tips: Smoked paprika is made from smoke-dried, red peppers and adds earthy, smoky flavor. It can be used in many types of savory dishes. Look for different types of paprika at large supermarkets or online. Wild-caught salmon from the Pacific (Alaska and Washington) are more sustainably fished and have a larger, more stable population.



# Nutritional Information

Resource - [www.choosemyplate.gov](http://www.choosemyplate.gov)

Serves 4

## Nutrition Facts

Per serving 148 calories;

4g fat (1g saturated, 2g monounsaturated);

53mg cholesterol;

4g carbohydrate;

3g added sugars;

23g protein;

0g fiber;

276mg sodium;

434mg potassium

Nutrition bonus: omega-3 fatty acids