

hally®



Let's cook something delish!

Smoky Mustard-Maple Salmon

Serving Size: 1 Filet

Makes: 4 Servings

Ingredients

3 T. whole-grain or Dijon mustard
1 T. pure maple syrup
¼ t. smoked paprika or ground chipotle pepper

¼ t. freshly ground pepper
⅛ t. salt
16 oz salmon (skinless, about 4 oz for each filet)

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Directions

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

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Nutrition Facts: Calories: 148, Total Fat: 4 g, Saturated Fat: 1 g, Cholesterol: 53 mg, Sodium: 276 mg, Total Carbohydrate: 4 g, Fiber: 0 g, Total Sugars: 3 g, Protein: 23 g, Vitamin D: 13 mcg, Calcium: 18 mg, Iron: 1 mg, Potassium: 434 mg

Source: MyPlate, U.S. Department of Agriculture, <https://www.myplate.gov/recipes/myplate-cnpp/smoky-mustard-maple-salmon>

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.