



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### ***Smoky Mustard-Maple Salmon***

#### **Ingredients:**

- 3 tablespoons Dijon mustard
- 1 tablespoon pure maple syrup
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon freshly ground pepper
- 1/8 teaspoon salt
- 4 4-oz wild-caught salmon fillets

#### **Directions:**

1. Preheat oven to 450 degrees.
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 fillets on the prepared baking sheet.
5. Spread the mustard mixture evenly on the salmon.
6. Roast until just cooked through (approx. 8-12 minutes).

Serves 4

*148 calories, 4 g fat, 4 g carbohydrate, 0 g fiber, 23 g protein, 276 mg sodium*

*Source: What's Cooking? USDA Mixing Bowl*

