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