



Maple-Mustard Marinated Salmon

17

4 Servings

Ingredients

- 3 tablespoons dijon mustard
- ¼ teaspoon salt
- 3 tablespoons maple syrup
- 1 pinch pepper
- 1 tablespoon balsamic vinegar
- 4 (6 oz) salmon filets (if frozen, thaw before use)

Directions

1. Combine Dijon mustard, maple syrup, balsamic vinegar, salt and pepper in a large zip-top plastic bag; add salmon. Seal and marinate in the refrigerator for 20–30 minutes.
2. Remove salmon from bag, reserving marinade. Place salmon on a grill rack or broiler pan coated with cooking spray.
3. Cook for 6 minutes on each side or until fish flakes easily. Baste salmon occasionally with reserved marinade while cooking.

Salmon can be served cold with a fresh salad or served warm with rice and steamed vegetables.

Nutritional Information

Calories: 229
Protein: 34 g
Fat: 11.2 g
 Monounsaturated: 3.9 g
 Polyunsaturated: 4.4 g
Carbohydrate: 127 g
Sodium: 350 g