



# Maple Mustard Salmon

Shine 365  
Marshfield Clinic

SERVINGS: 4

## INGREDIENTS

- 3 tablespoons whole-grain or Dijon mustard
- 1 tablespoon pure maple syrup
- ¼ teaspoon smoked paprika or ground chipotle powder
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon salt
- 4 4-oz fresh or frozen salmon filets

## INSTRUCTIONS

Preheat oven to 450 degrees F. Line a baking sheet with foil and coat with cooking spray. Combine mustard, maple syrup, paprika or chipotle powder, pepper and salt in a small bowl. Spread the mustard mixture evenly on the filets and place them on the baking sheet. Roast until just cooked through, about 8 - 12 minutes.

## NUTRITION INFORMATION

Each serving has 148 calories, 4 g carbohydrates, 4 g fat and 23 g protein.