

Honey-Mustard Glazed Salmon

Serves: 4

Ingredients

- 1 lb salmon filets (skin on to increase flavor)
- 1 tbs olive oil
- 1 tbs Grey Poupon or specialty mustard
- 1 clove garlic (minced)
- splash of white wine
- 2 tsp orange zest
- 1 tbs honey

Directions

- Put all ingredients in a bowl or ziploc and marinate for 30 min before cooking
- Broil on top shelf of oven on broiler pan for 8-10 minutes or until just barely done. Turn off the oven.
- Lightly brush fish with honey and put back in oven for 2 minutes

Notes

You can also grill the salmon and brush the honey on just before cooking is complete.

Serve with roasted, baked or sweet potatoes, green beans or broccoli



NUTRITIONAL INFORMATION (per serving)
Calories 215 | Total Fat 9g | Carbohydrates 9g | Protein 27.3g | Sugar 4g

