

Smoky Mustard-Maple Salmon

Ingredients

- 16 oz salmon (skinless, about 4 oz for each filet)
- 3 tablespoons whole-grain or Dijon mustard
- 1 tablespoon pure maple syrup
- ¼ teaspoon smoked paprika or ground chipotle pepper
- ¼ teaspoon freshly ground pepper
- 1/8 teaspoon salt



Directions

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1. Preheat oven to 450°.
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 filets on a prepared baking sheet.
5. Spread the mustard mixture evenly on the salmon.
6. Roast until just cooked through (approximately eight to 12 minutes)

