



# Mustard and Brown Sugar Glazed Salmon

Entree

🕒 5 Mins Prep • 14 Mins Cook • 19 Mins Total

👤 4 Servings • 6 oz Salmon filet Serving Size

An easy and delicious weeknight dinner.

## Ingredients

4 (6oz) Skin-on Salmon Filets 

Salt and Pepper, to taste

### Glaze

3 Tbsp Whole Grain Dijon Mustard

2 Tbsp Brown Sugar

1 Tsp Garlic, minced

1 Tsp Ginger Paste

## what you'll need

Measuring Spoons

Knife

Cutting Board

Small Bowl

Whisk

Baking Sheet

Aluminum Foil

Spoon

## nutritional info

345 Calories 20g Fat

14g Carbs 19g Protein

0g Fiber

## allergen swap

**Fish:** Omit fish and use chicken cutlets; adjust cooking time accordingly.

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## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Preheat Oven & Season Salmon

Preheat oven to 425 °F. Place salmon filets on an aluminum foil-lined baking sheet and season with salt and pepper.

### 3. Make Glaze

In a small bowl, whisk together glaze ingredients.

### 4. Spread Glaze

Spread glaze evenly over salmon filets.

### 5. Roast

Place in oven and roast for 10 minutes. Once roasted, move oven rack to the top position and turn oven to “broil” setting. Place baking sheet on top rack and broil for an additional 2-4 minutes, or until salmon flakes throughout.

### 6. Remove from Oven

Remove from oven and enjoy.

### 7. Wash Hands

Wash hands with soap and warm water.

Recipe created by *Meijer Registered Dietitians*

## Nourishment Note



### Salmon

Salmon is an inflammation-lowering powerhouse! It contains beneficial omega-3 fatty acids, B-vitamins and the antioxidant astaxanthin, all of which may help to lower inflammation in the body.