

Napa Valley Glazed Salmon

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 4

Prep: 5 minutes | **Cook:** 20 minutes

INGREDIENTS

- 2 tablespoons honey
- 1 teaspoon dried thyme*
- 2 teaspoons Dijon mustard
- 1 teaspoon finely grated lemon zest
- 1 teaspoon white pepper
- 1 1/4 pounds salmon, cut into 4 pieces

DIRECTIONS

1. Preheat oven to 350°F.
2. Combine the honey, thyme, mustard, lemon zest and pepper in a small bowl.
3. Arrange the salmon, with the skin side down, in a shallow roasting pan lined with cooking foil. Using the back of a spoon, spread the honey mixture to coat the top of each fillet.
4. Bake, uncovered, for 20 minutes, or until the internal temperature reaches 145°F and flesh is opaque and flakes with a fork.

*Substitutions

Thyme	—>	Favorite dried or fresh herb, or combine several
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Nutrition Information	
<i>Serving Size: 3 ounces</i>	
Calories	270
Total fat	11 g
Saturated Fat	1.5 g
Trans fat	0 g
Cholesterol	90 mg
Sodium	135 mg
Carbohydrates	10 g
Fiber	0 g
Sugars	0 g
Protein	32 g

Recipe adapted from: eatright.org