

MUSTARD-BAKED SALMON

INGREDIENTS

ITEM	QUANTITY
Salmon Fillets, about 5 oz. each	4
Dijon Mustard	2 Tbsp.
Maple Syrup	1 Tbsp.
Olive Oil	1 Tbsp.
Fresh Lemon Juice	1 Tbsp.
Dried Dill	½ Tsp.
Paprika	½ Tsp.
Salt	¼ Tsp.
Black Pepper	¼ Tsp.
Fresh Parsley, chopped	1 Tbsp.

SERVING SIZE **1 FILLET**

PREPARATION

- Preheat oven to 400°F.
- Line a baking sheet with parchment paper.
- Place the salmon fillets skin-side down on the baking sheet.
- In a small bowl, whisk together the Dijon mustard, maple syrup, olive oil, lemon juice, dill, paprika, salt, and pepper.
- Spread the mustard mixture evenly over each salmon fillet.
- Bake for 10-14 minutes, depending on the salmon's thickness, until it flakes easily with a fork.
- Sprinkle with fresh parsley.

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