

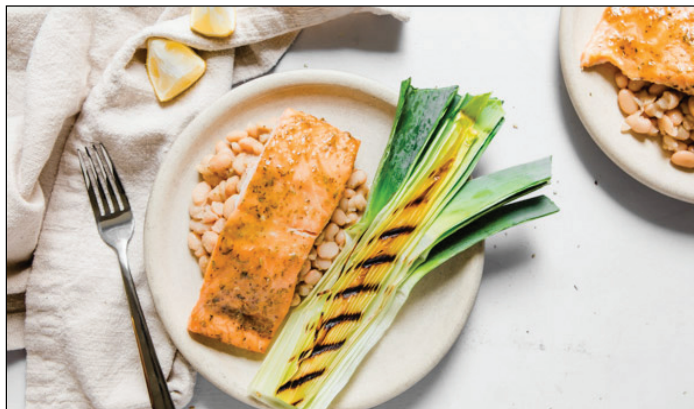
NAPA VALLEY GLAZED SALMON

INGREDIENTS

- 2 tablespoons honey
- 1 teaspoon dried thyme
- 2 teaspoons Dijon mustard
- 1 teaspoon white pepper
- 1 teaspoon finely grated lemon zest
- 1¼ 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. 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.
3. Bake, uncovered, for 20 minutes, or until the internal temperature reaches 145°F and flesh is opaque and flakes with a fork.



Recipe courtesy of Academy of Nutrition & Dietetics

Serves: 4 | Serving size: 3 ounces

Nutrition Information: Calories: 270; Total fat: 11g; Saturated fat: 1.5g; Cholesterol: 90mg; Sodium: 135mg; Total carbohydrate: 10g; Dietary fiber: 0g; Protein: 32g.