

Smoky Mustard Salmon

4 servings

3 T Spicy Brown Mustard
1 T Molasses
2 t Chipotle peppers canned in adobo sauce
1/4 t Salt
1/4 t Black Pepper
4 Salmon fillets (4-6oz. Each)



Preheat oven to 400°F. Spray a foil line baking sheet with canola oil spray. Mix mustard, molasses, chipotles, salt, and black pepper in a small bowl. Place salmon skin side down on the baking sheet and spoon all sauce over top. Bake for 10-15 minutes until Salmon reaches an internal temperature of 145°F. Serve.

Nutrient analysis: 190 calories, 6g total fat (1g saturated fat), 26g protein, 340mg sodium.

Recipe Adapted from USDA Mixing bowl : Smoky Maple– Mustard Salmon

