

Honey Glazed Salmon



2 Tablespoons honey	1 teaspoon grated lemon zest
2 teaspoon Dijon mustard	1/2 teaspoon black pepper
1 Tablespoon fresh thyme, stripped off stems	1 1/4 lbs. salmon, cut into 4 pieces

Instructions: Preheat oven to 350°F. Wash hands with soap and water. In a small bowl, combine honey, mustard, thyme, lemon zest and pepper. Line a baking pan with aluminum foil and place salmon, skin side down. Using a marinating brush, spread the honey mixture to coat the top of each salmon. Bake for 20 minutes or until salmon reaches an internal temperature of 145°F.

Yield: 4 servings

Nutrition Facts (per serving): 270 calories, 11 grams fat, 135 milligrams sodium, 10 grams carbohydrate, 0 grams fiber, 32 grams protein