

Smoky Mustard Maple Salmon



3 Tablespoons whole grain or Dijon
mustard
1 Tablespoon maple syrup
1/4 teaspoon smoked paprika

1/4 teaspoon ground pepper
1/8 teaspoon salt
4 (4 oz.) salmon fillets

Instructions: Wash hands with soap and water, and preheat oven to 450°F. Line a baking sheet with foil and spray with cooking spray. Combine mustard, syrup, smoked paprika, pepper and salt in a small bowl. Place salmon fillets on the prepared baking sheet; wash hands with soap and water after touching raw salmon. Spread the mustard mixture evenly over salmon. Bake until salmon reaches at least 145°F measured by a food thermometer.

Yield: 4 servings

Nutrition Facts (per serving): 148 calories, 4 grams fat, 276 milligrams sodium, 4 grams carbohydrate, 0 grams fiber, 23 grams protein