

BAKED MAPLE DIJON SALMON

GARLIC BUTTER SALMON

INGREDIENTS:

Salmon

- 4 salmon fillets (about 6 oz each)
- 1 tablespoon olive oil
- ½ teaspoon salt
- ½ teaspoon black pepper

Maple Dijon Glaze

- ¼ cup pure maple syrup
- 2 tablespoons Dijon mustard
- 2 tablespoons whole grain Dijon mustard
- 2 cloves garlic, minced
- 1 tablespoon apple cider vinegar
- 1 teaspoon smoked paprika
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Optional

- 2 tablespoons fresh parsley, chopped

DIRECTIONS:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper or foil.
2. In a small bowl, whisk together all glaze ingredients until smooth.
3. Pat the salmon fillets dry with paper towels. Season both sides with salt and black pepper.
4. Place the salmon fillets on the prepared baking sheet. Brush the glaze evenly over the tops of the salmon.
5. Bake for 12-15 minutes, or until the salmon is cooked through and flakes easily with a fork.
6. For extra caramelization, broil for 1-2 minutes at the end of baking (watch closely).
7. Garnish with fresh parsley and serve immediately.