

Food is Health • Community Recipe Challenge

Napa Valley Glazed Salmon Recipe

Ingredients

- 2 tablespoons honey
- 1 teaspoon dried thyme
- 2 teaspoons Dijon mustard
- 1 teaspoon finely grated lemon zest
- 1 teaspoon white pepper
- 1 1/4 pounds salmon, cut into 4 pieces



Recipe from [EatRight.org](https://www.eatright.org)



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Instructions

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.

Note:

•*Extra Serving Suggestion: Slice leftover salmon and place on top of a bed of mixed greens and chopped tomatoes for an easy lunch or dinner.*

•*Variation: Substitute your favorite dried or fresh herb for the thyme — or combine several.*

•*Tip: To store fresh fish a day or two after purchase, rinse and place in a bag with ice. Pour off melted ice and replace with more ice chunks.*

•*Nutrition Nugget: The white droplets accumulating on the top of salmon are rich in omega-3s, and so is the gray-colored meat right next to the skin. Enjoy both to reap the most omega-3s.*

Nutrition Information per Serving

Serves 4

Calories	270
Total Fat	11 g
Saturated Fat	1.5 g
Cholesterol	90 mg
Sodium	135 mg
Total Carbohydrates	10 g
Dietary Fiber	0 g
Protein	32 g



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