



Servings 4

Prep Time 5 min

Cooking Time 15 min

Honey-Mustard Baked Salmon



Ingredients

4 portions of wild salmon fillet

Kosher salt, to taste

Freshly cracked pepper, to taste

½ cup of Dijon mustard

¼ cup of honey

4 tablespoons of melted butter

4 green onions, white and light green parts minced

Directions

Step 1

Preheat oven to 400 degrees Fahrenheit. Move the oven rack to the lower top position.

Step 2

In a small bowl, combine mustard, honey, melted butter and minced green onion.

Step 3

Line a baking sheet with foil and spray with nonstick spray. Season salmon to taste with salt all over and lay skin side down. Spread honey-mustard sauce all over each piece of fish, including the sides. Sprinkle freshly cracked pepper on top.

Bake in a 400-degree oven for 10-12 minutes or until cooked to your liking. Serve immediately.

