

Broiled Salmon with Herb Mustard Glaze

Yield: 6 servings

Ingredients:

2 garlic cloves
¾ tsp finely chopped fresh rosemary leaves
¾ tsp finely chopped fresh thyme leaves
2 Tbs dry white wine
2 Tbs Dijon mustard
2 Tbs whole grain mustard
Olive oil cooking spray
6 (4oz) salmon fillets
Freshly ground black pepper
6 lemon wedges



Directions:

In a mini food processor, combine garlic, rosemary, thyme, wine, Dijon mustard, and 1 Tbs whole grain mustard. Grind the mustard sauce until combined, about 30 seconds. Transfer to a small bowl. Add remaining 1 Tbs whole grain mustard to the sauce and stir to combine. Set aside mustard sauce. Preheat broiler. Line a heavy rimmed baking sheet with foil. Spray foil with cooking spray. Arrange salmon fillets on baking sheet and sprinkle with pepper. Broil for 2 minutes. Spoon mustard sauce over fillets. Continue broiling until fillets are just cooked through and golden brown, about 5 minutes. Transfer fillets to plates and serve with lemon wedges.

Nutrition

Calories	179
Total Fat	5.0g
Sat. Fat	0.8 g
Chol	75.9mg
Carb	0.3g
Fiber	0.0g
Protein	29.0g