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

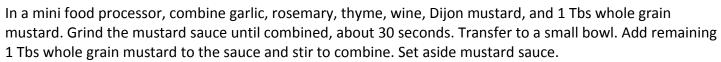
Olive oil cooking spray

6 (4oz) salmon fillets

Freshly ground black pepper

6 lemon wedges





Preheat broiler. Line a heavy rimmed baking sheet with foil. Spray foil with cooking spray. Arrange salmon filets 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

