

Dinner

Mustard Herb Glazed Salmon

10 Mins
Prep Time

10 Mins
Cook Time

4
Servings

 **298 Calories** **19g Fat** **2g Carbs** **24g Protein**



Ingredients

 **4 Servings**  **20 Mins Total Time**  **Allergens: Fish**

2 Cloves Garlic

$\frac{3}{4}$ Tsp Fresh Rosemary, chopped

$\frac{3}{4}$ Tsp Fresh Thyme, chopped

1 Tbsp Dry White Wine

1 Tbsp Extra Virgin Olive Oil

2 Tbsp Dijon Mustard

2 Tbsp Whole Grain Mustard

(4) 4 oz Salmon Fillets 

Salt and Pepper, to taste

Nourishment Note



Salmon

Salmon contains anti-inflammatory omega-3 fatty acids. A diet rich in omega-3 fatty acids may help to calm inflammation and reduce the symptoms of rheumatoid arthritis.

Allergen Swap

Fish Grill chicken breast and baste with mustard herb glaze

Instructions

1. Preheat Oven

Preheat the oven to broiler setting.

2. Process Ingredients

In a mini food processor* add the garlic, rosemary, thyme, wine, oil, Dijon mustard, and whole grain mustard. Process the ingredients until it forms a smooth sauce.

3. Prepare Baking Sheet

Line a baking sheet with tin foil and spray with cooking spray.

4. Broil Salmon

Lay the salmon fillets, skin side down, on the baking sheet and sprinkle with salt and pepper. Broil for two minutes, then remove and spread mustard herb glaze over each of the salmon fillets. Place back under the broiler for 7-8 minutes or until the salmon is cooked through and flakes easily with a fork.

*If you don't own a mini food processor, an immersion blender or simply mixing the ingredients together in a bowl will work well too.

Recipe adapted from [foodnetwork.com](https://www.foodnetwork.com)

What You'll Need



Mini Food Processor



Knife



Cutting Board



Measuring Spoons



Cooking Spray



Tin Foil



Baking Sheet

RA Cooking Tips

Food Processor: Having a food processor helps reduce chopping time and mixing.

Herb Stripper: This tool is used to remove the leaves of herbs off of the stems.