

Dinner

Mustard Herb Glazed Salmon

Side Effect: Weight Loss/ Loss of Appetite

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, **washed** and chopped

$\frac{3}{4}$ Tsp Fresh Thyme, **washed** and 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

Allergen Swap

Fish Grill chicken breast and baste with mustard herb glaze

Nourishment Note



Salmon

Salmon is rich in inflammation-lowering omega-3 fatty acids and protein. The protein in salmon can help to maintain lean body mass, which can decrease during cancer treatment.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat the oven to broiler setting.

3. 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.

4. Prepare Baking Sheet

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

5. 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.

6. Wash Hands

Wash hands with soap and water.

*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

Fatigue Buster

- Use an herb stripping tool to remove leaves from fresh herbs.
- Purchase individually packaged, frozen salmon fillets.