

Lunch | Dinner

Herb Mustard Salmon

15-20 Mins
Prep Time

5-7 Mins
Cook Time

6
Servings

 **369** Calories **23g** Fat **1g** Carbs **37g** Protein



Ingredients

 **6 Servings** • **6 oz Fillet Serving Size**  **20-27 Mins Total Time**  **Allergens: Fish**

2 Cloves Garlic, minced or pressed 

3/4 Tsp Fresh Rosemary, removed from stem and finely chopped 

3/4 Tsp Fresh Thyme, removed from stem and finely chopped 

1 Tbsp White Wine Vinegar

1 Tbsp Extra Virgin Olive Oil

2 Tbsp Dijon Mustard

2 Tbsp Whole-Grain Mustard

6, 6 oz Salmon Fillets 

Salt and Pepper, to taste

6 Lemon Wedges, for serving

Allergen Swap

Fish Salmon can be substituted for chicken, however cooking time will vary.

Nourishment Note



Salmon

Salmon is a rich source of omega-3 fatty acids. This type of fat helps to reduce inflammation common with asthma. It's also a good heart-healthy protein source.



Garlic

Garlic is an anti-inflammatory food to help protect healthy cells from cancer-causing carcinogens.



Thyme

Thyme is known as "nature's throat lozenge". It may help with a sore throat, cough, and congestion that can be common with asthma.



Rosemary

Rosemary is a powerful herb. It may help aid digestion and help to improve immune function. In patients with asthma, immune function can sometimes be low.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Broiler

Preheat the broiler. Line a baking sheet with aluminum foil. Spray the foil with non-stick cooking spray.

3. Mix Mustard Sauce

In a small bowl, mix together the garlic, fresh herbs, white wine vinegar, olive oil, and mustards. Set aside.

4. Broil Salmon

Arrange the salmon on the baking sheet. Broil for 2 minutes then carefully remove from the oven.

5. Add Sauce to Salmon

Spread the mustard sauce over the fillets. Continue broiling until the salmon is cooked through and the top is golden brown, about 4-5 minutes. *Careful, the salmon will burn if under the broiler too long.*

6. Serve & Enjoy

Serve the salmon immediately with lemon wedges.

7. Wash Hands

Wash hands with soap and water.

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

What You'll Need



Cutting Board



Knife



Measuring Spoons



Small Mixing Bowl



Spoon



Non-Stick Cooking Spray



Baking Sheet



Aluminum Foil



Tongs



Herb Stripper (optional)



Garlic Press (optional)

Breathe Better Food Tip

- Salmon is a quick-cooking protein option, especially helpful for days when energy levels may be low.
- Garlic can sometimes cause heartburn and gas, making breathing uncomfortable. To prevent heartburn and uncomfortable gas, omit the garlic in this recipe or substitute for 1 tablespoon of garlic powder.