

## Spiced Salmon with Mustard Sauce

from **CookingLight**

*Butter-sautéed spinach seasoned simply with garlic, salt, and pepper makes a nice side dish for this fish entrée, but any wilted greens will do.*

2 teaspoons whole-grain mustard  
1 teaspoon honey  
1/4 teaspoon ground turmeric  
1/4 teaspoon ground red pepper  
1/8 teaspoon garlic powder  
1/4 teaspoon salt  
4 (6-ounce) salmon fillets  
Cooking spray

Preheat broiler.

Combine first 6 ingredients in a small bowl, stirring well with a fork evenly over each fillet. Place fillets, skin side down, on a jelly-roll pan coated with cooking spray. Broil 8 minutes or until fish flakes easily when tested with a fork. Remove from broiler. Check for doneness.

**Yield: 4 servings (serving size: 1 fillet)**

CALORIES 324 (53% from fat); FAT 18.9g (sat 3.7g,mono 6.6g,poly 8.6g); CARBOHYDRATE 2.9g; SODIUM 100mg; CHOLESTEROL 100mg; CALCIUM 22mg; CARBOHYDRATE 2.9g; SODIUM 100mg; FIBER 0.1g

*Cooking Light,*



Beau Gustafson

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