

Baked Salmon Fillet

3 Tbs. Dijon mustard
3 Tbs. butter, melted
5 tsp. honey
½ c fresh seasoned bread crumbs
3 Tbs. chopped fresh parsley or 1 Tbs. dried parsley
6 (4oz) fillets of salmon
salt and pepper to taste
6 lemon wedges

1. Preheat oven to 400 degrees F. In a small bowl mix mustard, butter and honey. In another bowl, mix bread crumbs and parsley.
2. Season each salmon fillet with salt and pepper. Place on a lightly greased baking sheet. (I use aluminum foil on the sheet.) Brush with mustard-honey mixture. Cover the top of each fillet with bread crumb mixture.
3. Bake for 10 minutes per inch of thickness, measured at the thickest part, or until salmon flakes when tested with a fork. Serve garnished with lemon wedges.

Serves 6