

# Smoky Mustard-Maple Salmon

It doesn't get much easier – or more delicious – than this ultra-fast salmon recipe. The sweetness of the maple balances the tangy mustard while spices like smoked paprika or ground chipotle adds even more flavor!

Makes: 4 servings  
 Prep Time: 10 minutes  
 Cook Time: 12 minutes

Source: [MyPlate.gov, recipes/Smoky Mustard Maple Salmon](https://www.MyPlate.gov/recipes/Smoky%20Mustard%20Maple%20Salmon)

## Ingredients

- 3 Tablespoons whole-grain or Dijon mustard
- 1 Tablespoon pure maple syrup
- 1/4 teaspoon smoked paprika or ground chipotle pepper
- 1/4 teaspoon freshly ground pepper
- 1/8 teaspoon salt
- 4 4-oz skinless, salmon fillets

## Directions

1. Preheat oven to 450 degrees.
2. Line a baking sheet with foil and coat with cooking spray.
3. Combine mustard, maple syrup, paprika (or chipotle), pepper, and salt in a small bowl.
4. Spread the mustard mixture evenly on the salmon.
5. Roast until just cooked through, approximately 8-12 minutes.

## Utensils Needed

- Measuring spoons
- Small bowl
- Baking sheet
- Aluminum foil



Small Changes,  
 BIG Difference!

Click image to watch the recipe video  
 or visit [snapedny.org](https://snapedny.org)



## Nutrition Information

Serving Size: 1 salmon fillet	
Nutrients	Amount
Calories:	148
Total Fat:	4 g
Saturated Fat:	1 g
Cholesterol:	53 mg
Sodium:	276 mg
Total Carbohydrates:	4 g
Dietary Fiber:	0 g
Total Sugars:	3 g
Added Sugars:	3 g
Protein	23 g
Vitamin D	13 mcg
Calcium	18 mcg
Iron	1 mg
Potassium	434 mg

# SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$17.87

Average cost/serving: \$4.47

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Some items are bought in bulk and can be used in various other recipes.

## Ingredients



Add 1 to Cart  
Salmon Fillets, 1lb or 16oz



Add 1 to Cart  
Dijon Mustard, 12 oz



Add 1 to Cart  
Maple Syrup, 8 oz

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Vary Your Protein Routine: Seafood

- Ask at the fish counter to have salmon cut into four 4-ounce with the skin removed.
- Check grocery store sale flyers for savings on seafood.
- Substitute salmon with budget-friendly fish like haddock, tilapia, or cod.

### Dijon Mustard & Maple

- Excess maple mustard mixture?
  - Use it as a marinade for chicken or other proteins.
  - Add olive oil and/or apple cider vinegar for a homemade salad dressing.
- Jazz up soups, mac & cheese, and egg dishes with a dollop of Dijon mustard.
- Use pure maple syrup to replace honey, brown sugar, and other sweeteners in recipes - example recipe below.

### Similar Recipes

- Consider trying similar recipes found on [snapedny.org](http://snapedny.org), such as:
  - Cranberry Oatmeal Balls
  - Herb Potato Salad

