Five-Ingredient Honey Mustard Salmon

Makes 4 Servings

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

Ingredients | Directions
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4 wild caught salmon fillets | 1. Wash hands with soap and water.
1 clove garlic, chopped | 2. Pat the salmon dry with a clean paper towel. Season with salt and pepper. Wash hands with soap and water.
4 tbsp. honey | 4. In a small bowl, whisk together the garlic, Dijon, honey, soy sauce, salt and pepper until smooth. Set aside.
1 tbsp. soy sauce (or coconut aminos) | 5. In a nonstick skillet, heat oil over medium-high heat. Cook salmon fillets, skin side up, for 5 minutes. Flip the fillet and cook for another 4 minutes, or until internal temperature reaches 145°F on food thermometer.
Salt and pepper to taste | 6. On the last minute, brush the honey mustard mixture evenly over the salmon fillets. Serve salmon with greens, rice and any remaining honey mustard sauce. Enjoy!
1 tbsp. olive oil | *NOTE: If using fresh parsley, rinse under cold running water before chopping.
Chopped parsley for garnish, optional

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