



# Five-Ingredient Honey Mustard Salmon

**Makes 4 Servings**

*This recipe was developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](http://SafeRecipeGuide.org)*

<b>Ingredients</b>	<b>Directions</b>
<p><b>4 wild caught salmon fillets</b></p> <p><b>1 clove garlic, chopped</b></p> <p><b>4 tbsp. Dijon mustard</b></p> <p><b>4 tbsp. honey</b></p> <p><b>1 tbsp. soy sauce (or coconut aminos)</b></p> <p><b>Salt and pepper to taste</b></p> <p><b>1 tbsp. olive oil</b></p> <p><b>Chopped parsley for garnish, optional</b></p>	<ol style="list-style-type: none"><li>1. Wash hands with soap and water.</li><li>2. Pat the salmon dry with a clean paper towel. Season with salt and pepper. Wash hands with soap and water.</li><li>3. Gently rub garlic under cold running water.</li><li>4. In a small bowl, whisk together the garlic, Dijon, honey, soy sauce, salt and pepper until smooth. Set aside.</li><li>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.</li><li>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!</li></ol> <p><b>* NOTE:</b> If using fresh parsley, rinse under cold running water before chopping.</p>

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