



# Baked Honey Garlic Salmon

## Ingredients

- 4 oz. salmon
- ½ oz. honey
- 1 clove garlic, minced or crushed through a garlic press
- ½ oz. whole-grain Dijon mustard
- Juice of ¼ lemon
- ¼ tablespoon olive oil
- A pinch of red pepper flakes, to taste
- A pinch of cayenne pepper
- ⅛ teaspoon paprika
- Coarse salt and black pepper
- ¼ tbspn chopped cilantro, for garnish
- ½ lemon, sliced, for garnish
- 1 small carrot sliced in ½ -inch rounds

## Directions

1. Preheat oven to 400°F. Line a baking sheet with a piece of foil large enough to fold over and seal to create a packet. Put a small pan of water on to blanch the carrots.
2. Combine honey, garlic, mustard, lemon juice, oil, paprika, red pepper flakes, cayenne pepper and a pinch of salt. Stir and set aside. Blanch carrots for 3-5 minutes.
3. Place the salmon onto the lined baking sheet. Pour the honey mustard mixture over the salmon, and spread evenly. Sprinkle salt and cracked pepper. Fold the sides of the foil over the salmon to cover and completely seal the packet closed, so the sauce does not leak. Drizzle excess sauce over blanched carrots and bake for 10-15 minutes.
4. Bake salmon in foil until cooked through, about 10-15 minutes. Open foil and broil for 2-3 minutes on medium heat to caramelize the top of salmon.
5. Pull carrots out and plate with salmon. Garnish with cilantro and serve immediately with lemon slices. Enjoy!

Calories 389	Cholesterol 45 mg	Dietary Fiber 10 g
Total Fat 7 g	Sodium 1473 mg	Sugars 19 g
Saturated Fat 1 g	Total Carbohydrate 40 g	Protein 12 g