



# Recipes

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## **HONEY MUSTARD GLAZED SALMON**

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|------------------------------------|----------------------------------|
| 1 tbsp (15 mL) whole-grain mustard | 1/4 tsp (1 mL) salt              |
| 1 tbsp (15 mL) honey               | 1/8 tsp (0.5 mL) garlic powder   |
| 1/4 tsp (1 mL) turmeric            | 1 1/2 lb (0.75 kg) salmon fillet |
| 1/4 tsp (1 mL) cayenne pepper      |                                  |

Line a rimmed baking sheet with nonstick foil or parchment paper. To prepare glaze, combine all ingredients except salmon until blended. Place salmon, skin side down, in prepared pan. Spoon glaze over salmon. Bake, uncovered, at 450°F (230°C) for 10 - 12 minutes per inch (2.5 cm) of thickness or until fish flakes easily with a fork. Serves 4.

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*Call the ATCO Blue Flame Kitchen home economists, Monday to Friday, 10 a.m. to 4 p.m.*

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