

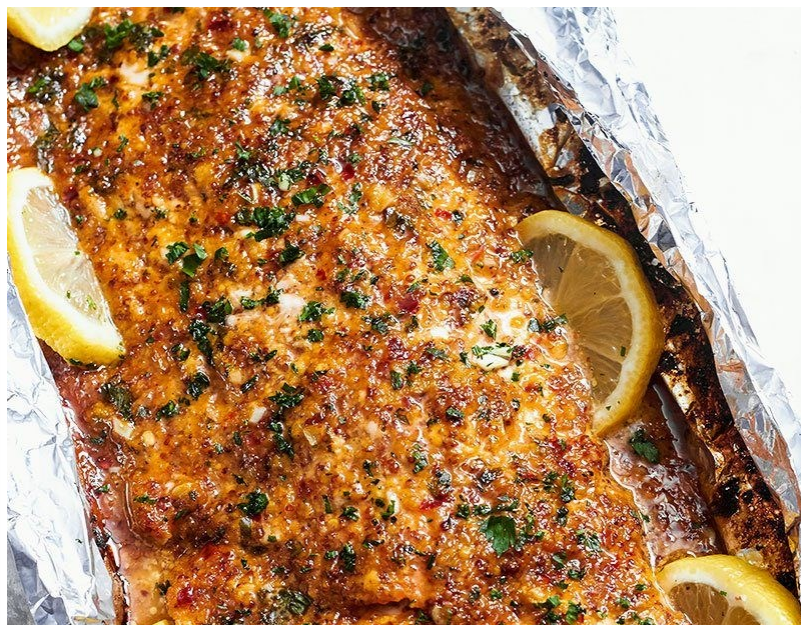
# HONEY-GARLIC SALMON WITH BROCCOLI AND BROWN RICE

Preparation: 10 minutes | Cooking: 20 minutes | Servings: 6

## INGREDIENTS

4 cloves garlic  
1 pound salmon fillet  
1 bag broccoli florets  
1 lemon, sliced  
Juice of 1/2 lemon  
3 cups brown rice  
1/2 cup honey  
1/2 cup whole grain  
Dijon mustard  
1 tablespoon olive oil

1 tablespoon  
chopped cilantro  
1/2 teaspoon paprika  
1/4 teaspoon red  
pepper flakes  
1/4 cayenne pepper  
Coarse salt and  
black pepper



## INSTRUCTIONS

Position a rack in the middle of your oven. Preheat oven to 400 degrees Fahrenheit. Line a baking sheet with a large piece of foil. In a bowl, combine honey, mustard, lemon juice, garlic, oil, paprika, red pepper flakes, Cayenne pepper and a pinch of salt. Stir to combine, and set aside. Place the salmon onto the lined baking sheet. Pour the honey mustard mixture over the salmon, and spread evenly. Sprinkle with a good amount of salt and cracked pepper. Fold the sides of the foil over the salmon to cover, and completely seal the foil closed so the sauce doesn't leak. Bake salmon in foil until cooked through, about 10-15 minutes, depending on the thickness of your fish and your preference of doneness. Cook rice and broccoli to your liking. Carefully open the foil, and broil under the broiler for 2-3 minutes on medium heat to caramelize the top of the salmon. Garnish the baked honey-garlic salmon with cilantro, and serve immediately with lemon slices.