

HONEY-LEMON-GARLIC SALMON

Preparation: **10** minutes | Cooking: **18** minutes | Servings: **4**

INGREDIENTS

1 pound salmon
½ lemon, juiced
Zest from 1 lemon
2 tablespoons butter, melted
2 tablespoons honey (or maple syrup)
1 teaspoon Dijon mustard
½ teaspoon garlic powder
Salt and pepper to taste
Brown rice and asparagus or vegetable of choice



INSTRUCTIONS

Preheat oven to 400 degrees Fahrenheit. Line a large baking sheet with parchment paper or foil, and grease lightly with olive oil or nonstick cooking spray. Place salmon skin-side down on baking sheet. In medium bowl, whisk together melted butter, honey, Dijon mustard, lemon juice, lemon zest, garlic powder, salt and pepper. Brush salmon with the marinade. Place salmon in the oven and bake for 15 to 20 minutes or until salmon easily flakes with a fork. This salmon goes great with a side of asparagus and brown rice!