

Maple Mustard Salmon

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- Prep time: 5 minutes
- Cook time: 15-18 minutes
- Total time: 20-25 minutes



No nuts | No eggs | No milk | No wheat | No soy | No sesame

Ingredients:

- 1½ teaspoons 100% maple syrup
- 2 Tablespoons spicy brown mustard
- 1½ teaspoons apple cider vinegar
- 12- 16 ounces salmon fillet

Contains fish (salmon).

Allergy-friendly Substitutions:

- **No fish:** substitute chicken breasts, sliced in half horizontally

Instructions:

1. Wash hands with soap and warm water. Gather ingredients and supplies.
2. Preheat oven to 425°F. Line a 13 x 18-inch sheet pan with parchment paper or aluminum foil.
3. In a small bowl, whisk together the maple syrup, mustard, and vinegar. Remove a third of the glaze and set aside for later.
4. Arrange the salmon fillet on the sheet pan. Brush with remaining maple-mustard glaze. Wash hands after touching raw fish.
5. Roast at 425°F for 15-18 minutes, or until internal temperature reaches 145°F on a food thermometer. Salmon should flake easily with a fork.
6. Using a clean utensil, brush salmon with reserved glaze. Enjoy!