



Mustard Crusted Salmon

You would never guess that something as fancy sounding as mustard crusted salmon could be so simple to prepare. You can even double the batch and use the leftovers in a spinach salad, an omelette or even on a homemade pizza the following day. Salmon is an excellent source of omega 3 fatty acids which reduce inflammation and may play a role in the prevention of some chronic diseases.

Prep: 5 minutes • Total: 15 minutes

Ingredients:

Salmon fillet	4 each (3 oz / fillet)	340 g
Dijon mustard	1 Tbsp	15 mL
Garlic, minced	1 clove	1 clove
Olive oil	1 Tbsp	15 mL
Lemon juice	2 Tbsp	30 mL
Water	2 Tbsp	30 mL
Honey	1 Tbsp	15 mL
Fresh dill, minced	1 Tbsp	15 mL

Directions:

1. Season each salmon fillet with a sprinkle of salt and pepper.
2. Whisk the Dijon mustard, olive oil, dill, water, honey and lemon juice in a small bowl. Rub over salmon filets.
3. Heat a large skillet to medium heat.
4. Pan sear each salmon fillet for 4-5 minutes per side or until centre is no longer pink, depending on thickness.

Nutrition Facts

Serving Size (99g)		Servings Per Container	
Amount Per Serving			
Calories 180	Calories from Fat 80		
% Daily Value*			
Total Fat 9g	14%		
Saturated Fat 1.5g	8%		
Trans Fat 0g			
Cholesterol 50mg	17%		
Sodium 130mg	5%		
Total Carbohydrate 6g	2%		
Dietary Fiber 0g	0%		
Sugars 5g			
Protein 18g			
Vitamin A 0%	• Vitamin C 6%		
Calcium 2%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Adapted from:
*NutritionRx in partnership with
 Chef Lindsay Sferrazza*

Makes 4 servings (99 g / serving) • 1 serving = 1 salmon fillet

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