



BAKED SALMON

Makes 2 servings.

All of the ingredients for this simple and piquant dish will be found in your pantry.

INGREDIENTS

- 2 skinless salmon fillets, about 6 ounces each

MARINADE

- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 tablespoon whole grain mustard
- 1 tablespoon honey
- 1 teaspoon honey mustard
- 1/8 teaspoon Kosher salt
- Freshly ground black pepper

PREPARATION

1. Pat fish dry with paper towels and place in a Ziploc bag.
2. In a small dish combine the marinade ingredients. Pour the marinade into a ziploc bag and coat the salmon on all sides with the marinade. Refrigerate for a few hours.
3. Preheat the oven to 500 F.
4. Bring the fish back to room temperature.

5. Place the fish in an ovenproof dish lined with foil (honey tends to burn and I find it difficult to clean the dish afterward, therefore I like using the foil).
6. Bake in the oven for about 8 minutes without turning. The inside should be opaque.
7. Serve with the accumulated juices.

NOTE

If in doubt whether the fish is cooked sufficiently to your taste, cover it with foil right after you remove it from the oven, and the fish will continue cooking.