

Honey Mustard Salmon with Garlic

By Diana Rattray



Total:25 mins
Prep:10 mins
Cook:15 mins
Yield:4 Servings

Nutritional Guidelines (per serving)

670	Calories
24g	Fat
59g	Carbs
57g	Protein

[See Full Nutritional Guidelines](#)

(Nutrition information is calculated using an ingredient database and should be considered an estimate.)

There is a combination of honey, garlic, and spicy mustard that flavors these fresh salmon fillets. The salmon is an easy preparation and provides a healthy meal. The salmon takes just minutes to fix and bake.

Ingredients

- 2 pounds salmon fillets, about 6 to 8 ounces each
- 2/3 cup honey
- 3 tablespoons spicy brown mustard or a Creole mustard
- 1 medium clove [garlic, very finely minced](#)
- Dash dried leaf basil
- Dash sea salt
- Dash freshly ground black pepper

Steps to Make It

1. Heat oven to 400 F. Line a shallow baking dish with foil and grease lightly with olive oil.
2. Combine honey, mustard, minced garlic, basil, and salt and pepper in a food storage bag or a [glass or plastic container](#). Add the salmon fillets and seal or cover; refrigerate for 30 minutes to 2 hours.
3. Remove salmon from the marinade and brush lightly with olive oil.
4. Bake the salmon fillets in the prepared pan, skin-side down, for 14 to 15 minutes, or until fish is cooked through.