



National Nutrition Month®

PHILABUNDANCE

## Mustard Roasted Salmon

Serves 1

Ingredients:

- 6-ounce frozen salmon fillet
- 2 tablespoons whole grain mustard
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ½ teaspoon ground pepper

Directions:

1. Preheat oven to 375°F.
2. Place the salmon in a small casserole dish. Spread the mustard over the fish, drizzle with lemon juice and season with salt and pepper.
3. Place the casserole dish in the oven and bake for about 40 minutes, or until the salmon is cooked through and flaky.

Source: Romey, A. Drexel Food Lab