



**BRAIN HEALTHY
COOKING**

Entrée

Herb Mustard Salmon



Ingredients

6 (6-8oz) Salmon Fillets
1 TBSP Dr White Wine
1 TBSP Extra-virgin Olive Oil
2 TBSP Dijon Mustard
2 TBSP Whole-grain Mustard
¾ TSP French Rosemary Leaves, finely chopped
¾ TSP French Thyme Leaves, finely chopped
2 Garlic Cloves
6 Lemon Wedges
Spice of Life
Ground Black Pepper

Makes 6 Servings

Directions

1. In a food processor, combine garlic, rosemary, thyme, wine, oil, Dijon mustard, and 1 tablespoon of whole grain mustard. Grind until combined. Transfer to a small bowl. Add remaining tablespoon of whole-grain mustard and stir to combine. Set aside mustard sauce.
2. Preheat the broiler. Line a heavy rimmed baking sheet with foil. Spray the foil with nonstick spray. Arrange the salmon fillets on the baking sheet and sprinkle them with Spice of Life and pepper. Broil for 2 minutes. Spoon the mustard sauce over the fillets.
3. Continue broiling for 5 minutes longer until the fillets are just cooked through and golden brown.
4. Transfer the fillets to plates and serve with lemon wedges.

