

Dinner

# Mustard Herb Glazed Salmon

Side Effect: Weight Loss/ Loss of Appetite

**10 Mins**  
Prep Time

**10 Mins**  
Cook Time

**4**  
Servings

**298 Calories** **19g Fat** **2g Carbs** **24g Protein**



## Ingredients

**4 Servings** **20 Mins Total Time** **Allergens: Fish**

2 Cloves Garlic

$\frac{3}{4}$  Tsp Fresh Rosemary, **washed** and chopped

$\frac{3}{4}$  Tsp Fresh Thyme, **washed** and chopped

1 Tbsp Dry White Wine

1 Tbsp Extra Virgin Olive Oil

2 Tbsp Dijon Mustard

2 Tbsp Whole Grain Mustard

4 (4 oz) Salmon Fillets 

Salt and Pepper, to taste

### Allergen Swap

**Fish** Grill chicken breast and baste with mustard herb glaze

### Nourishment Note



#### **Salmon**

Salmon is rich in inflammation-lowering omega-3 fatty acids and protein. The protein in salmon can help to maintain lean body mass, which can decrease during cancer treatment.

## Instructions

### 1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

### 2. Preheat Oven

Preheat the oven to broiler setting.

### 3. Process Ingredients

In a mini food processor\* add the garlic, rosemary, thyme, wine, oil, Dijon mustard, and whole grain mustard. Process the ingredients until it forms a smooth sauce.

### 4. Prepare Baking Sheet

Line a baking sheet with tin foil and spray with cooking spray.

### 5. Broil Salmon

Lay the salmon fillets, skin side down, on the baking sheet and sprinkle with salt and pepper. Broil for two minutes, then remove and spread mustard herb glaze over each of the salmon fillets. Place back under the broiler for 7-8 minutes or until the salmon is cooked through and flakes easily with a fork.

### 6. Wash Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

\*If you don't own a mini food processor, an immersion blender or simply mixing the ingredients together in a bowl will work well too.

Recipe adapted from: [foodnetwork.com](https://www.foodnetwork.com)

## What You'll Need



Mini Food Processor



Knife



Cutting Board



Measuring Spoons



Cooking Spray



Tin Foil



Baking Sheet

### Fatigue Buster

- Use an herb stripping tool to remove leaves from fresh herbs.
- Purchase individually packaged, frozen salmon fillets.