

Salmon With Maple-Thyme Glaze

Source: *Bon Appetit Magazine*

Alternate Source: *Internet Address:*



1/2 cup dijon mustard
4 1/2 tablespoons maple syrup, pure, not the fake stuff
3 1/2 tablespoons water
2 tablespoons prepared horseradish
1 1/2 pounds salmon fillets
1 1/2 tablespoons light brown sugar, optional
1 1/2 tablespoons chopped fresh thyme

Categories: Fish

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 197 Calories; 5g Fat (22.5% calories from fat); 24g Protein; 14g Carbohydrate; 1g Dietary Fiber; 59mg Cholesterol; 345mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Fat; 1 Other Carbohydrates.

**Carolyn T's
Cookbook**

Servings: 6

Notes: This is quite an elegant entree, easy enough for any night, but could easily be served to guests. From Bon Appetit.

Description: Easy, easy salmon dinner. Simple for weeknight, but also great for guests.

1. Preheat oven to 350 degrees F.
2. Whisk mustard, 3 TBS maple syrup, 3 1/2 TBS water, and horseradish in small bowl to blend.
3. Arrange salmon on baking sheet. Spread thyme mixture evenly over salmon.
4. Whisk 1 1/2 TBS maple syrup, sugar and thyme in another small bowl to blend.
5. Bake until salmon is just opaque in center, about 14 minutes.
6. Spoon mustard-horseradish sauce over and serve.